

# ISU International Cookbook



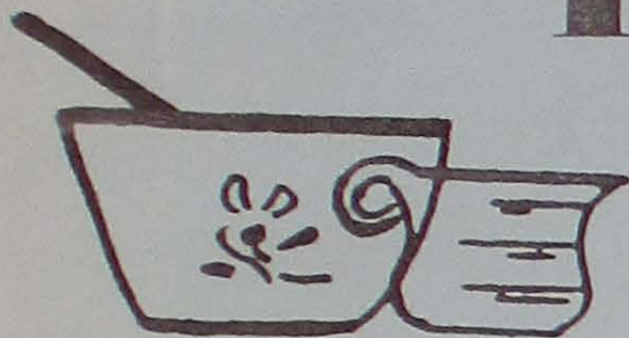
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# Recipes



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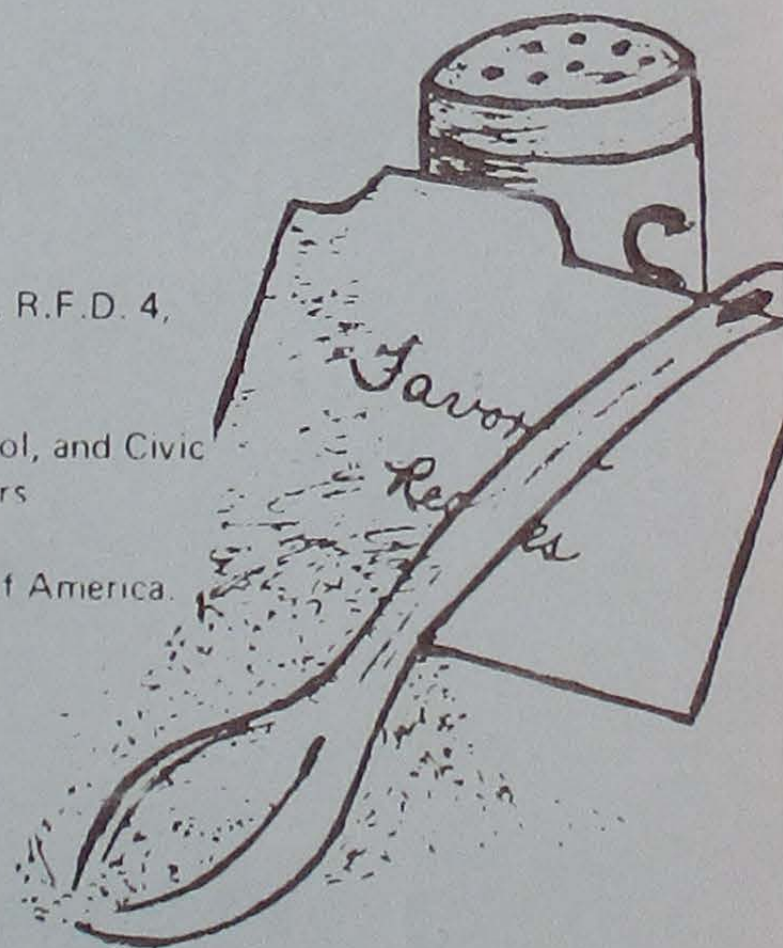
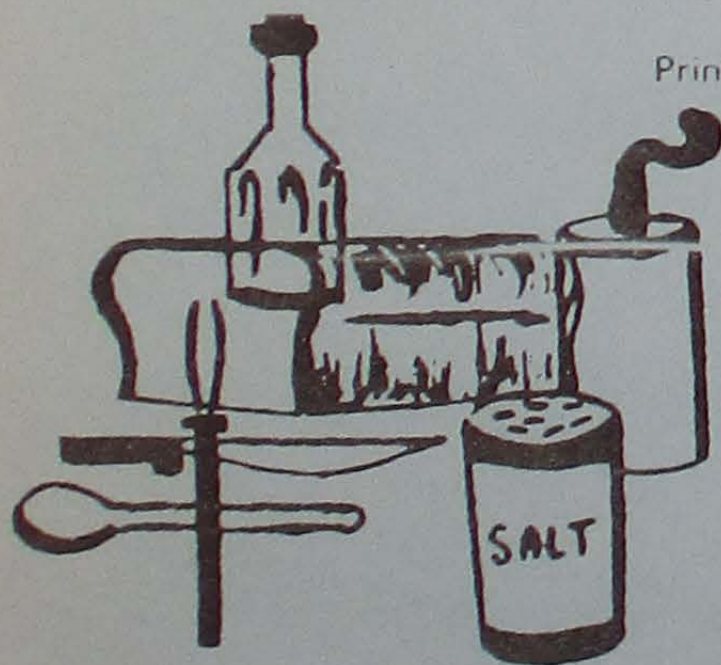
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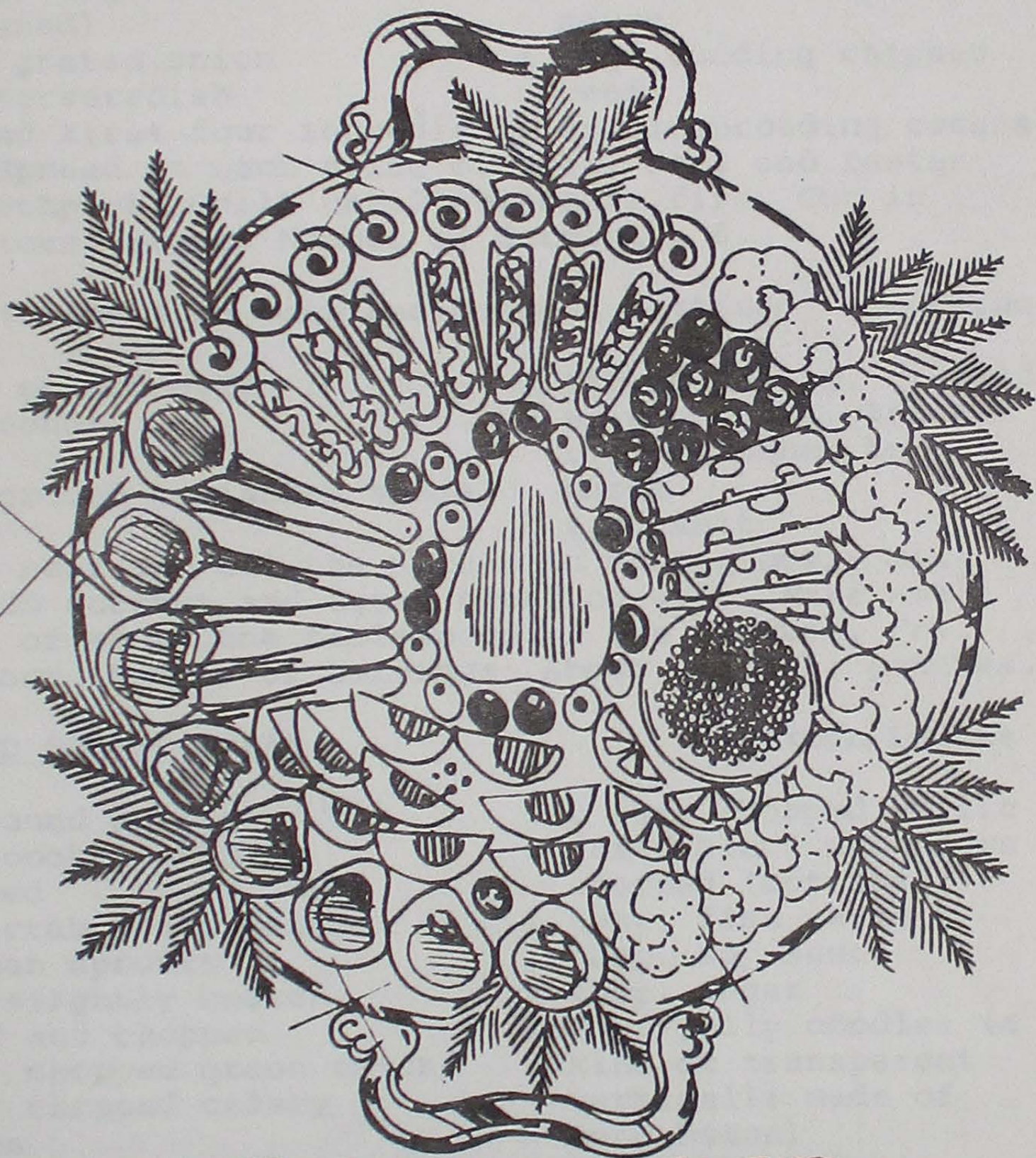


# FAVORITE RECIPES

## FROM MY COOKBOOK

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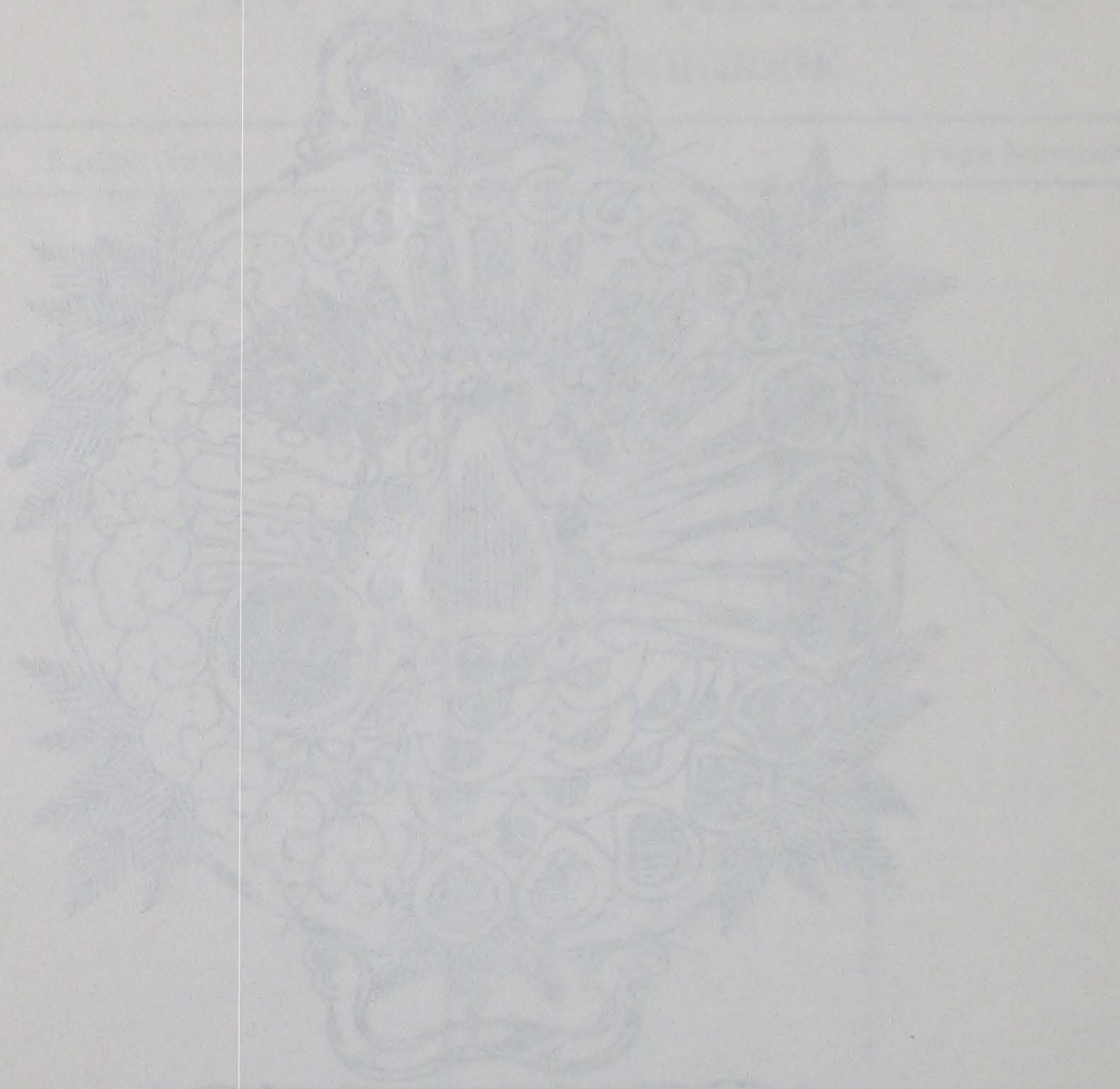




*APPETIZERS*



# FAVORITE RECIPES



APPETIZERS



BEEF PINWHEELS

Barb Littel

- |   |                                |
|---|--------------------------------|
| 1 (3 oz.) pkg. cream cheese<br>(softened) | 1 dash Worcestershire<br>sauce |
| 1 tbsp. grated onion                      | 1 pkg. Budding chipped<br>beef |
| 1 tsp. horseradish                        |                                |

Blend first four ingredients until spreading consistency. Spread on each slice of beef, roll and fasten with toothpick. Chill until cheese is firm. Cut in 1/2" slices. Serve. Number of Servings: 6.

REMPAH (Indonesian Beef and Coconut Patties) Ann Jiron

- |                               |  |
|-------------------------------|--|
| 3/4 lb. ground beef           | 2 cloves garlic, crushed                             |
| 2 c. coconut                  | 3 slices fresh ginger<br>root, crushed to a<br>paste |
| 3 eggs                        | 1 tsp. salt  |
| 2 tsp. ground coriander seeds |  |

Put meat and all the spices in mixing bowl. Mix well. Add coconut and eggs, blending well. Make small patties of about one tablespoon of the mixture. Fry. Serve warm. Number of Servings: About 40 small patties.

THAILAND SPRING ROLLS

Nukoon Lupkes

- |  |   |
|--|---|
| 1 c. ground pork                             | 1/2 tsp. chopped garlic   |
| 1/2 c. cooked shrimp,<br>chopped             | 6 dried black mushrooms<br>chopped (optional)                                       |
| 1/2 c. crab meat, boiled                     | 1 tbsp. fish sauce  |
| 1 c. bean sprouts                            | 1 tbsp. soy sauce   |
| 4 eggs slightly beaten,<br>fried and chopped | 1 tbsp. sugar   |
| 2 tbsp. chopped green onions                 | 1/2 c. jelly noodles (a<br>kind of transparent<br>vermicelli made of<br>mung beans) |
| 2 tbsp. chopped celery<br>leaves             | 1 egg yolk  |
| 2 tsp. salt                                  |   |
| 2 c. vegetable oil                           |   |
| 1 tsp. pepper                                |   |

Heat small amount of oil in frying pan. Add chopped garlic and fry for 2 minutes. Put in ground pork, shrimp, crab meat, bean sprouts, eggs, green onions, celery leaves, black mushrooms, and jelly noodles.

(CONT'D)



## Thailand Spring Rolls (Cont'd)

Fry for 5 minutes. Add soy sauce, fish sauce, salt and pepper. Place about 2 tbsp. of fried ingredients on egg roll skins. Roll up and seal with egg yolk. Fry in deep hot fat for 5-10 minutes, drain on paper towel. Serve hot.

FRIED WON TON FROM THAILAND

Nukoon Lupkes

## WON TON SKINS (Egg Roll Skins):

2 eggs	1/2 - 3/4 c. water
2 c. flour	1 egg yolk for seal

## WON TON FILLING:

1 c. ground pork	1/2 tsp. minced coriander
1 tbsp. minced white onion	1 egg
1 tsp. garlic salt	Dash pepper
1/2 tbsp. fish sauce	Dash MSG
	2 c. vegetable oil for frying

## SWEET AND SOUR SAUCE:

1 c. sugar	1 tbsp. ketchup
1/4 c. vinegar	2 tbsp. cornstarch
1 tsp. salt	2 tbsp. water
1/2 c. water	

Make Won Ton Skins: Mix 2 eggs, flour and water until smooth. Grease a 7-inch frying pan with a small amount of oil. Heat the pan. Pour a little batter into center bottom of pan and quickly roll pan around so the batter covers bottom of pan in a thin layer. Leave it in the hot pan just to let it set (about 1 minutes or less). Remove from pan and continue to make next wrapper. These skins should be made as thin as possible.

Make Won Ton Filling: In a bowl mix ground pork with onions, garlic salt, coriander, fish sauce, egg, MSG and pepper. Place about 1 teaspoon of pork mixture in center of Won Ton Skin. Fold over, bringing the two corners around in shape of won ton and press corners of wrappers together. Seal with egg yolk. Deep fry in hot vegetable oil for 3-5 minutes. Drain on paper towel. Serve hot with sweet and sour sauce.

(CONT'D)



## Fried Won Ton (Cont'd)

Make Sweet and Sour Sauce: In a small pot put in the water, sugar, salt and vinegar. Using low heat, bring slowly to a boil. Add ketchup and stir. Mix cornstarch and water to make a smooth paste. Add to ketchup mixture, stirring until it thickens. Remove from heat; cool. Put in a jar and cover. Use as sauce for Fried Won Ton.

JAPANESE YAKITORI (Broiled Chicken)

Setsuko Takeshita

3 chicken breasts, skinned  
boned and cut into 1-inch  
pieces

12 whole green onions, cut  
into 2-inch pieces

1/2 c. soy sauce

1/4 c. water

1/4 c. sake or dry sherry

1 tbsp. sugar

1 tsp. grated gingerroot

\*Can substitute beef or  
scallops for chicken.

8 oz. boneless beef

sirloin or steak cut

1-inch cubes or 8 oz.

fresh or frozen scallops,  
thaw if frozen.

In saucepan combine soy sauce, water, sake, sugar and gingerroot. Boil 1 minute; cool. Marinate chicken and green onions in soy sauce mixture at room temperature for 20 minutes. Turn once. Drain; reserving marinade. On skewers alternately thread the chicken and onions. Grill over hot coals 8 to 10 minutes or till done, turning and brushing occasionally with reserved marinade. Number of Servings: 4.

INDONESIAN BOLA-BOLA

Hindra Indrawirawan

(Chicken and Vegetable Balls)

1/4 c. margarine

1 medium onion, chopped

1 c. flour

2 c. milk

2 c. cooked chicken, cubed

2 medium carrots, cooked

and cut into small cubes

Salt

Pepper

1 tsp. nutmeg

4 beaten eggs

Bread crumbs

Cook onion in margarine until just tender. Add the flour and stir rapidly for about 3 minutes. Add milk,

(CONT'D)



## Indonesian Bola-Bola (Cont'd)

chicken, carrots, salt, pepper and nutmeg. Reduce heat and stir well for about 10 minutes. Let cool. Shape mixture into small balls. Dip into beaten eggs and roll in the bread crumbs, do this twice and fry it until golden brown. Decorate with carrots and green pepper on the top of each ball. Stick with a toothpick. Very good with mustard. Number of Servings: 35 balls.

## JAPANESE FRIED CHICKEN--TERIYAKI FLAVOR Yumiko Ueno

Chicken breast (boned)	Fresh gingerroot (peeled
1 lb.	and grated) 1 tsp.
2 tbsp. soy sauce	1/4 c. cornstarch
1 tbsp. Mirin (sweet rice	1 c. oil
wine)	
2 tbsp. Sake (Japanese	
rice wine)	

Cut the chicken in bite sizes. Mix soy sauce, Mirin, Sake and ginger well in a bowl. Marinate the chicken in this mixture for 20-30 minutes. Coat each chicken piece with cornstarch. Fry them in hot oil until golden brown. Number of Servings: 6.

## ITALIAN APPETIZERS Beverly Hurlbutt

3 c. thinly sliced zucchini,	1/2 c. oil
unpeeled	1 c. Bisquick
1/2 lg. onion, chopped	Salt and pepper to taste
1/2 tsp. marjoram	4 well beaten eggs
2 tbsp. Parmesan cheese	

Mix all ingredients except eggs. When well mixed, add eggs. Pour into large jelly roll pan. It will be about the thickness of pizza. Bake 25 minutes at 425 degrees. Cut into squares. Serve hot or cold. Freezes very well. Take directly from freezer, place on cookie sheet and heat in oven.



QUICK CHEESE FONDUE

Vanessa Sanchez

1 sm. Bon-Bel cheese  
1 clove garlic, sliced

1 tbsp. butter

Place the cheese in a small baking dish (that will fit exactly). Introduce the garlic slices. Place the butter on top. Bake at 375 degrees for 10-15 minutes until melted. Serve with French bread, bread sticks or crackers. Number of Servings: 6.

PEYNIRLI BOREK (Cheese Pastries)

Sultan Uz

## FILLING:

1/2 lb. Feta or white cheese  
soaked in water and  
refrigerated for 1 day-  
then drained before using.  
1 pkg. (8 oz.) cream cheese

1/4 lb. Cheddar cheese,  
grated  
4 eggs  
2 tbsp. butter  
2 tbsp. milk  
1 c. chopped parsley

1 lb. Phyllo pastry sheets  
1/4 lb. butter, melted

1/4 c. milk

Preheat oven to 350 degrees F.

Filling: Place feta and cream cheese in mixing bowl and mash with a fork. Add Cheddar, eggs, butter, milk and parsley and mix well.

Divide pastry sheets into 3 equal parts. Lay 1 sheet on a greased 12x15 inch baking pan. Brush surface with melted butter. Sprinkle with a few drops of milk. Place second sheet on top of the first, butter and sprinkle with milk. Repeat until one-third of the pastry sheets have been used up, then spread half of the filling over the entire surface. Build up the second third of pastry sheets in the same way. Then spread the remaining half of the filling over the entire surface. Again build up the last third of the pastry sheets in the same way. Butter top generously and cut into 16 squares. Bake for 30 minutes or until brown. Serve warm as an appetizer or main course for lunch. Allow 1 per person as an appetizer, 2 for main course.



CHEESE BALL

Jeanie Frasch

- |   |                                |
|---|--------------------------------|
| 2 (8 oz.) pkgs. cream cheese  | 1/4 c. salad dressing          |
| 1 (10 oz.) Cracker Barrel<br>sharp Cheddar cheese<br>grated                       | 1 tsp. lemon juice             |
|   | 1 tsp. Worcestershire<br>sauce |
| 1/4 c. chopped onion (if<br>dried onion is used, soak<br>in water for 10 minutes) | 1 c. chopped walnuts           |

Soften cream cheese. Mix all ingredients except nuts together. Form into large ball. Roll in chopped nuts. Refrigerate. Serve with crackers. Number of Servings: One large ball.

BOURSIN (Cheese Ball)

Cyndy Roggemann

- |  |                                       |
|--|---------------------------------------|
| 8 oz. pkg. cream cheese,<br>softened     | 2 tsp. green onion, finely<br>chopped |
| 6 tbsp. butter or margarine,<br>softened | 2 tsp. minced parsley                 |
|  | 2 cloves crushed garlic               |

Mash cream cheese with butter and onion. Add parsley and garlic. Season to taste. Shape into flat ball or brick. Cover and refrigerate. Ages well in 3 days. Roll in parsley or coarsely ground pepper before serving. Number of Servings: Makes 1 ball.

PINEAPPLE CHEESE BALL

Lori Richardson

- |  |                       |
|--|-----------------------|
| 2 (8 oz.) pkgs. cream cheese               | 2 tbsp. minced onions |
| 8 1/2 oz. crushed pine-<br>apple (drained) | 2 c. chopped pecans   |
| 1/4 c. green pepper (chopped)              | 1 tbsp. seasoned salt |

Mix all ingredients except 1 cup pecans. Cool 5 minutes in freezer. Form ball and roll in remaining pecans.

MOCK LIVER PATE

Yael Efron

- |                                      |                    |
|--------------------------------------|--------------------|
| 3 tbsp. oil or margarine             | 2 hard cooked eggs |
| 1/4 c. chopped onion                 | 1 tsp. soy sauce   |
| 3 c. zucchini, peeled and<br>chopped | Salt and pepper    |

(CONT'D)



Mock Liver Pate (Cont'd)

Heat oil in pan. Fry onions until gold. Transfer to another dish. Fry zucchini in remaining oil in pan until all water from zucchini evaporates. Ground in food processor the onions, zucchini, eggs and spices. Chill at least for 1 hour. Number of Servings: 4.

CLAM COCKTAIL DUNK

Sally Dominick

2 (3 oz.) pkgs. cream cheese	3 or 4 drops Tabasco sauce
2 tsp. lemon juice	1/4 tsp. salt
2 tsp. grated onion or	1 (7 or 7 1/2 oz.) can
3 drops onion juice	(approx. 1 c.) minced
1 tsp. Worcestershire sauce	clams, chilled and
	drained
	1 tbsp. minced parsley

Stir cream cheese to soften. Add lemon juice, onion, Worcestershire sauce, Tabasco sauce and salt. Beat with electric or rotary beater until light and fluffy, or use electric blender. Stir in clams and parsley. Serve with crackers or chips or crisp vegetables. Yields: 1 1/2 cups.

DILL DIP

Toni Genalo

8 oz. sour cream	2 tbsp. dill weed
1 c. Spin Blend Salad	2 tbsp. parsley flakes
Dressing (do not use	2 tsp. Lawry's seasoned
other types)	salt
3 tbsp. dried minced onion	

Mix all ingredients and use as a dip for vegetables, chips or crackers. Number of Servings: 10-12.

HOT BEEF DIP

Kim Herzog

1/4 lb. dried beef (slice	1 (8 oz.) pkg. cream cheese
into strips)	3 oz. mushrooms
1/4 c. onion, chopped	2 tbsp. parsley flakes
1 tbsp. butter	
1 c. milk	

(CONT'D)



Hot Beef Dip (Cont'd)

In double boiler, cook onion in butter; add milk and cream cheese till creamy. Stir in rest of ingredients. Cook 10 minutes. Serve in chafing dish and serve with snack rye or crackers.

TACO SPREAD

Barb Littel

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 1 (16 oz.) can tomatoes             | 1 tbsp. oregano                     |
| 1 green pepper, chopped             | 1 tbsp. cumin                       |
| 1 sm. can green chilies,<br>chopped | 8 oz. shredded Cheddar<br>cheese    |
|                                     | 8 oz. pkg. Monterey Jack<br>cheese* |

Mix tomatoes, green peppers, chilies, oregano and cumin. Cook 45 minutes. Let cool. Mix 2 cheeses together. Layer alternately: tomato mix, then cheeses, until all is used. Bake at 350 degrees until cheese melts for about 20 minutes. Serve warm with tortilla chips.

(NOTE: Monterey Jack with Jalapeno Peppers can be substituted for the green chilies and cheese.)

Number of Servings: 10-15.

VEGETABLE DIP

Starla Pottorff

- |   |                          |
|---|--------------------------|
| 8 oz. cream cheese                            | 1 sm. grated onion       |
| 1 jar Kraft Roca Roca Blue<br>Cheese Dressing | 1 tsp. pepper            |
| 1 clove garlic                                | 2 tbsp. paprika          |
|   | 2 c. mayonnaise (1 pint) |

Mix all ingredients well except for the mayonnaise. Fold in mayonnaise last. Store in refrigerator. Very good with crisp vegetables such as carrots, celery and cauliflower.

CURRY DIP

Patty Schlorholtz

- |  |                         |
|--|-------------------------|
| 1 c. mayonnaise (do not<br>substitute salad<br>dressing) | 1 tsp. curry powder     |
| 1 tsp. horseradish                                       | 1 tsp. garlic salt      |
| 1 tsp. minced onion                                      | 1/4 tsp. garlic powder  |
|  | 1 tsp. tarragon vinegar |

(CONT'D)



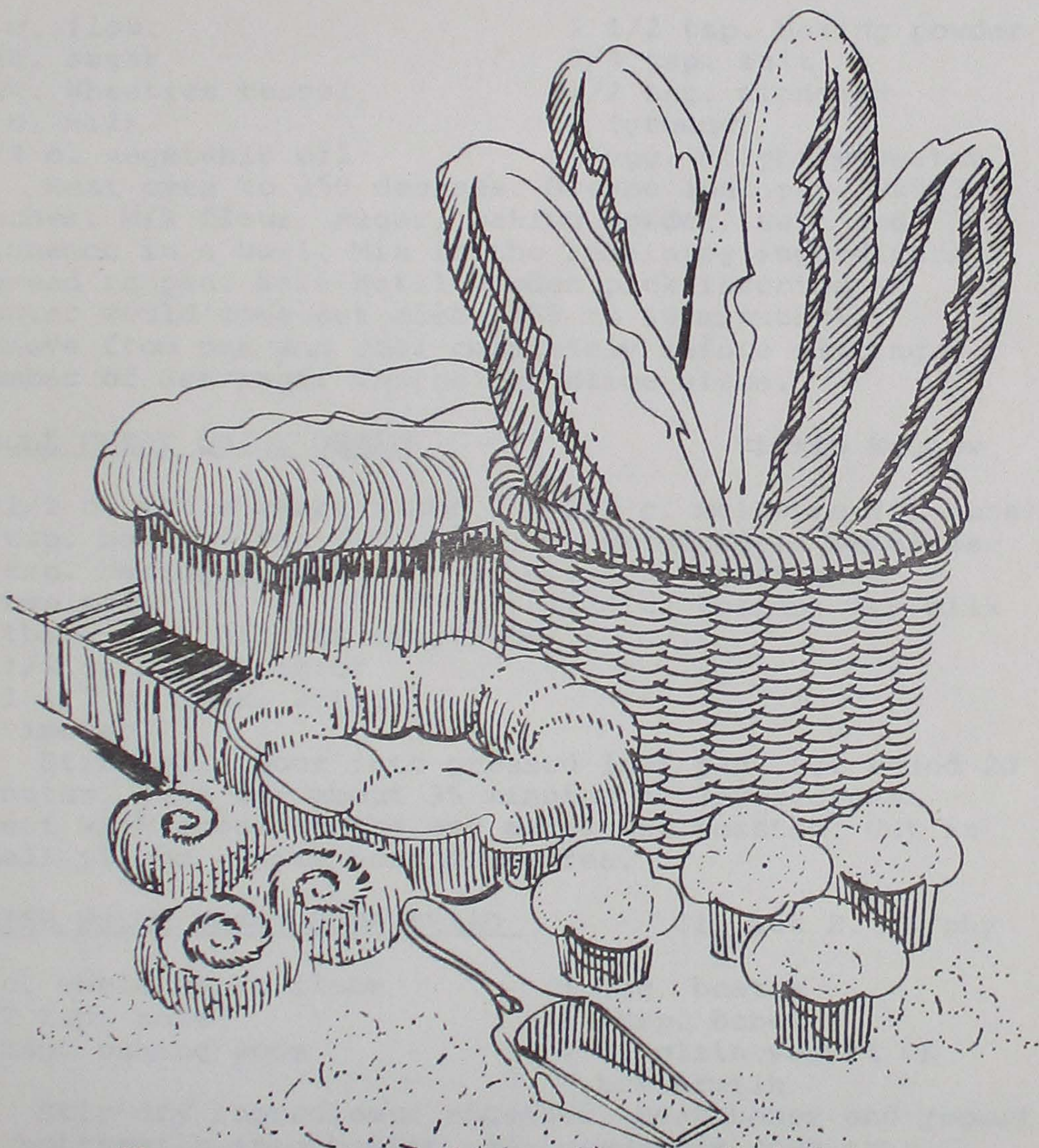
## Curry Dip (Cont'd)

Blend all ingredients well. Serve with carrot and celery sticks, cauliflower flowerets, zucchini and other raw vegetables or potato chips or crackers. Makes 1 cup. Better if made several hours before serving. Refrigerated. Number of Servings; Makes 1 cup.









BREAD & ROLLS





BREAD & ROLLS



QUICK WHEAT BREAD

Jo Schechinger

2 c. flour	2 1/2 tsp. baking powder
1 c. sugar	3/4 tsp. salt
2 c. Wheaties cereal	1/2 tsp. cinnamon
1 c. milk	(ground)
1/4 c. vegetable oil	1 egg, slightly beaten

Heat oven to 350 degrees. Grease loaf pan, 9x5x3 inches. Mix flour, sugar, baking powder, salt and cinnamon in a bowl. Mix in the remaining ingredients. Spread in pan. Bake until wooden pick inserted in center would come out clean (55 to 60 minutes). Remove from pan and cool completely before slicing. Number of Servings: Varies per slice sizes.

WHOLE WHEAT QUICK BREAD

Vickie Krukow

2 1/2 c. whole wheat flour	1/2 c. molasses (or more)
1 tsp. baking soda	unsulphured molasses
2 tsp. baking powder	1/4 c. wheat germ
1 tsp salt	1/4 c. instant dry milk
6 tbsps. corn oil (or vegetable)	
1 1/2 c. sour milk or	
1 1/2 c. milk, 2 tsp.	
vinegar	

Stir well; pour into greased loaf pan. Let stand 20 minutes. Bake for about 35 minutes at 350 degrees. Great with cream cheese and excellent toasted. Cut in small pieces - nice hors d'oeuvres.

IRISH WHOLE WHEAT SODA BREAD

Gillian E. Murphy

2 c. whole wheat flour	1 egg, beaten
1/2 tsp. salt	1 tbsps. honey
1 tsp. baking soda	1 c. plain yogurt OR
	buttermilk

Stir dry ingredients together. Beat honey and yogurt or buttermilk into beaten egg; gradually pour this mixture into the dry ingredients. Mixture will be dry like a yeast bread dough. Blend with hands to work in all of the flour. If too dry, add more liquid - if too wet add more flour. Knead for 3-5 minutes; shape into a round loaf, 2 - 2 1/2" thick. Place on greased baking

(CONT'D)



## Irish Whole Wheat Soda Bread (Cont'd)

sheet. Cut 2 slashes on top, approximately 1/2" deep. Bake at 375 degrees F., 25-30 minutes. Tap the bottom - if it sounds hollow and a toothpick comes out clean, it is done.

BOSTON BAKED BREAD

Melinda Cote

2 c. yellow cornmeal	1 1/3 c. milk
2 tsp. baking soda	1 1/3 c. buttermilk
1 tsp. salt	3/4 c. dark molasses
2 c. unsifted all-purpose flour	3/4 c. dark raisins

Grease 2 (1 lb. size) coffee cans. Mix cornmeal, baking soda, salt and flour in a large bowl. In a separate bowl mix milk, buttermilk and molasses. Gradually add milk mixture to flour mixture and beat until well combined. Stir in raisins. Pour mixture into coffee cans, filling about 2/3 full. Tie pieces of foil over top of each can. Place cans on rack in deep kettle. Add boiling water to kettle (should come about halfway up cans). Cover kettle. Steam 2 1/2 - 3 hours. Add more boiling water to maintain level. Remove cans to wire rack and cool about 5 minutes. Serve hot. Refrigerate leftover bread. To warm - place covered can(s) on rack in large kettle of boiling water and steam about 30 minutes. Number of Servings: 2 loaves.

BEER BATTER BREAD

Lee Hansen

3 c. self-rising flour	1 tbsp. dill weed (dry)
2 tbsp. sugar	1 can beer (12 oz.)

Mix dry ingredients in a plastic ziplock bag. Add beer to bag and mix, kneading the bag. Squeeze batter into greased loaf pan. Bake one hour at 350 degrees. (Batter can be mixed in a bowl instead of a bag.) Number of Servings: One loaf.



JALAPENO CORN BREAD

Julia Alesii

1 c. cornmeal  
 1 tsp. salt  
 1/2 tsp. soda  
 1 c. milk  
 1 sm. can cream-style corn

1 1/2 c. grated sharp  
 Cheddar cheese  
 2 eggs, beaten  
 1 med. onion, chopped  
 1 or more Jalapeño  
 peppers, chopped  
 1/4 to 1/2 c. bacon  
 drippings

Mix cornmeal, salt and soda. Add milk, corn, grated cheese and eggs. Stir well. Add onion, peppers, and bacon drippings. Bake at 350 degrees for 1 hour in a shallow greased and floured baking pan. Bread should be lightly brown. Yields: 8-10 servings.

CORN BREAD A LA MICHEAL

Annette D. Schoenberger

1 c. whole wheat flour  
 1 1/4 c. yellow cornmeal  
 4 tsp. baking powder  
 1/2 tsp. salt  
 1/2 tsp. chili powder  
 1/2 c. instant dry milk  
 solids

1/4 c. honey  
 2 eggs, lightly beaten  
 1/4 c. oil  
 1/2 c. milk or water  
 1/4 c. chopped onion  
 1/2 c. diced peppers,  
 canned or fresh  
 1 c. cooked pinto beans

1. Preheat the oven to 425 degrees with a 9 inch iron skillet with 1 tbsp. of oil in it.
  2. In a bowl combine flour, cornmeal, baking powder, salt, chili powder and powdered milk.
  3. In another bowl combine the rest of the ingredients. (If you like you can use bacon grease instead of cooking oil.)
  4. Now add wet ingredients to dry ingredients and mix just enough to moisten.
  5. Pour into the hot skillet and bake for 30 minutes or until done.
- Number of Servings: 6.



SPICY APPLESAUCE BREAD

Mrs. Nancy Schive

3/4 c. whole wheat flour  
 1 c. all-purpose flour  
 1 tsp. baking powder  
 1 tsp. baking soda  
 1/2 tsp. salt

1 1/2 c. Wheaties whole  
 wheat cereal  
 1 1/2 c. applesauce  
 2 eggs  
 1/2 c. shortening  
 1 tsp. ground cinnamon

Stir together flour, baking powder, baking soda, salt and sugar. Set aside. In large mixing bowl, stir together cereal and applesauce. Let stand about 2 minutes or until cereal is softened. Add eggs and shortening. Beat well. Stir in cinnamon and flour mixture, only until moistened. Spread in greased 9x5x3 inch loaf pan. Bake at 350 degrees F. about 1 hour. Cool 10 minutes before removing from pan. Cool completely before slicing. Number of Servings: 1 loaf.

GOLDEN BANANA LOAF

Nancy Broderick

1/2 c. softened margarine  
 1 c. sugar  
 1 egg  
 1 c. ripened bananas (mashed)  
 1/2 c. sour milk  
 2 c. flour

1 tsp. soda  
 1/2 tsp. salt  
 2 c. rice squares cereal,  
 crushed to 1 cup  
 3/4 c. chopped walnuts  
 2 tbsp. brown sugar  
 2 tbsp. melted butter

Grease 9x5" loaf pan. Cream margarine and sugar. Add egg, banana and milk. Mix until well blended. Sift together flour, soda and salt. Add to creamed mixture. Mix thoroughly. Stir in 3/4 cup cereal crumbs and 1/2 cup nuts. Turn into pan. Combine remaining 1/4 cup cereal crumbs, remaining 1/4 cup nuts, brown sugar and melted butter. Sprinkle evenly over top of batter. Pat down lightly. Bake at 350 degrees for 55-60 minutes. Cool 15 minutes; turn out of pan. Number of Servings: 1 loaf.



CARROT BREAD

Lori Burras

3 beaten eggs  
 2 c. sugar  
 1 tsp. soda  
 2 c. shredded carrots  
 1 tsp. vanilla

1 c. drained, crushed  
 pineapple  
 1 c. oil  
 3 c. flour  
 1 tsp. salt  
 2 tsp. cinnamon  
 1/2 c. chopped nuts (opt.)

Put all ingredients in a large bowl and mix thoroughly. Pour into 2 (9 1/4" x 5 1/4" x 2 3/4") loaf pans that are greased and floured. Bake at 350 degrees for 1 hour. Makes 2 loaves.

SRI LANKA POTATOES CHEESE CAKE

T. Nandani Vijithakumara

1/2 lb. potatoes (cooked  
 and mashed well)  
 1 oz. butter  
 1/4 lb. sugar

3 eggs  
 2 oz. raisins  
 Lemon flavoring

To Make Dough:

1/2 lb. flour  
 1/4 lb. butter

Water

To make dough, combine flour, butter (1/4 lb.) and water thoroughly. Dump it onto floured surface and knead until dough is smooth.

Blend mashed potatoes, butter, sugar, eggs, raisins, and lemon flavoring well. Spread the dough (about 1/8 inch thick) in each section of greased muffin pans and fill them with the mixture (3/4 of each section) and bake it until done. About 30-45 minutes.

PUMPKIN BREAD

Denise Wasel

3 1/3 c. unbleached wheat  
 flour or whole wheat  
 flour  
 2 tsp. baking soda  
 1 1/2 tsp. salt  
 1 tsp. cinnamon  
 1 tsp. nutmeg

1 1/2 - 2 c. honey  
 1 c. safflower or sesame  
 oil  
 4 eggs  
 1 c. chopped nuts  
 2/3 c. water  
 1 c. currants or raisins  
 2 c. freshly baked  
 pumpkin puree

(CONT'D)



## Pumpkin Bread (Cont'd)

Mix dry ingredients. Make a well and add oil, eggs, water, honey and pumpkin. Mix until smooth. Stir in nuts and currants. Divide into 2 (9x5) inch greased and floured bread pans. Bake at 350 degrees F. for 1 hour and 10 minutes or until done. Turn out on a wire rack to cool. Number of Servings: 2 (9x5") loaves.

ZUCCHINI BREAD

Carol Woodbury

4 eggs	1 tsp. cinnamon
2 c. white sugar	1 tsp. baking powder
1 c. cooking oil	2 c. grated zucchini
3 1/2 c. flour	1 c. chopped nuts (opt.)
1 1/2 tsp. baking soda	1 c. raisins (opt.)
1 1/2 tsp. salt	1 tsp. vanilla

Beat eggs and add sugar gradually. Add oil. Combine flour, soda, salt, cinnamon and soda together. Add this mixture alternately with the zucchini to the first mixture. Add nuts and/or raisins if desired. Add vanilla. Mix well. Pour into 2 greased and floured loaf pans. Bake at 350 degrees for 55 minutes. Let cool in pan for 10 minutes. Remove from pans. Cool completely. Store wrapped in Saran Wrap or plastic bag. Can be frozen. Number of Servings: 2 loaves.

POPPY SEED BREAD

Elaine Reetz

1 pkg. yellow cake mix	1 c. hot water
1 lg. pkg. coconut instant pudding	1/2 c. vegetable oil
4 eggs	1/4 c. poppy seed

Beat above ingredients together for 4 minutes. Bake 350 degrees F. for 50 minutes in 2 loaf pans. Number of Servings: 2 loafs.



OVERNIGHT COFFEE CAKE

Jean Ripley

3 oz. pkg. butterscotch pudding (not instant)	1/2 c. butter
2 pkgs. frozen biscuits	1/2 c. brown sugar

Butter pan. Place frozen biscuits in single layer. Sprinkle dry pudding mix over biscuits. Boil butter and brown sugar. Drizzle over biscuits. Cover with waxed paper. Let set out on counter overnight to raise. Bake in A.M. 25-30 minutes at 350 degrees. Don't over-bake. Turn out of pan immediately.

## VARIATIONS:

1. Can add nuts on top of biscuits right before.
2. Can add concentrated orange juice night before (6 oz. can or 1/2 of 12 oz. can)

Number of servings: Approx. 24 - (number depends on how many biscuits in pkg.)

WHOLE WHEAT-OATMEAL BREAD

Colleen Sexton

2 c. milk	1 tbsp. salt
3/4 c. water	4 c. whole wheat flour
1/4 c. oil	1 c. oatmeal
3 to 4 c. all-purpose flour	2 pkgs. dry yeast
1/2 c. sugar	(1 tbsp. + 1 1/2 tsp.)

Heat milk, water and oil till very warm (120-130 degrees F). Combine 2 cups all-purpose flour, sugar, salt and yeast in a large bowl. Add heated mixture. Beat 4 minutes at medium speed. By hand stir in whole wheat flour, oatmeal, and 1 to 2 cups all-purpose flour. Knead 5 to 10 minutes until smooth and elastic. Place in greased bowl. Turn. Cover. Let rise 30-40 minutes. Punch down. Shape into 2 loaves. Place in greased pans. Oil tops of loaves. Cover. Let rise 40 minutes. Bake 375 degrees for 40 minutes. Number of Servings: 2 loaves.



NO KNEAD REFRIGERATOR ROLLS

Dawn Wolf

2 pkgs. dry yeast	1/4 c. shortening
2 c. lukewarm water	2 tsp. salt
1/2 c. sugar	1 beaten egg
6 1/2 - 7 c. flour	

Dissolve yeast in water. Add sugar, salt and 1/2 of flour. Beat well for 2 minutes. Add egg and shortening; beat. Gradually mix in remaining flour until smooth. Store in refrigerator up to 2 weeks and keep DAMP towel over top of bowl. Punch down each day. Two hours before baking shape and let rise till double. Bake 12-15 minutes at 400 degrees.

FOR CINNAMON ROLLS: Roll out, sprinkle with cinnamon and sugar. Roll up and slice. Put in 8 inch round pan that has oleo and brown sugar in bottom. Follow rising and baking instructions above. Number of Servings: Four 8 inch round pans or several dozen from cupcake pan.

GRANDMA VERA'S RICH DINNER ROLLS

Mrs. Rodney Jensen

1/2 c. warm (not hot) water	1 tsp. salt
2 pkgs. active yeast	4 1/2 - 5 c. flour
3/4 c. lukewarm water	1/2 c. soft shortening
1/2 c. sugar	2 eggs

Soak yeast in warm water 5 minutes. Pour milk over sugar and salt in bowl - stir until dissolved. Beat in 1 cup flour, shortening, eggs and yeast mixture. Add remaining flour to make soft dough. Add enough flour till dough leaves sides of bowl. Then knead on floured board, until smooth and elastic. Let rise in warm place 1 1/2 hours. Shape into buns. Allow to rise again until double in size. Bake in a 350 degree oven for 12-15 minutes. Brush with melted butter and serve hot.



PUMPKIN BREAD

Annette D. Schoenberger

1 c. sesame seeds  
 2 pkgs. yeast  
 1 c. warm water  
 1 tsp. salt  
 1 tsp. sugar  
 4 tbsp. vegetable oil

1 c. whole wheat flour  
 2 c. cooked mashed pumpkin  
 4 tbsp. honey  
 2 c. whole wheat flour  
 8 tbsp. soft butter  
 4 c. unbleached white flour

Mix sesame seeds, yeast, warm water, salt, sugar, oil and whole wheat flour and set aside 1/2 hour. Add pumpkin, honey and whole wheat flour and beat 200 strokes or 2 minutes. Add butter and white flour until it comes away from the sides of the bowl. Then knead (you may need more flour). It should work well. Let rise till double. Punch down and put in pans; let rise to double and bake at 375 degrees for approximately 45 minutes or till done. This can be used with any winter squash. It is particularly delicious with butternut. Number of Servings: 2 loaves.

HONEY ROLLS

Dave Gaulke

1 c. scalded milk  
 1/4 c. butter  
 1/3 c. honey  
 1 pkg. yeast

1 tsp. salt  
 5 c. flour  
 2 lg. eggs  
 1/4 c. warm water

Add butter and honey to scalded milk. Stir until melted. Cool mixture until lukewarm. Dissolve yeast in warm water. Add to milk mixture. Add salt and 2 cups flour. Blend in eggs and rest of flour. Knead lightly until smooth. Place in buttered bowl - let rise until doubled. Shape into rolls or braids. Place on buttered sheet. Let rise again. Bake at 400 degrees F. for 20 minutes or until done. Number of Servings: 2 (14") braids or about 2 dozen rolls.



CINNAMON-RAISIN ENGLISH MUFFIN BREAD

Mariann Culver

6 c. unsifted flour  
 1/2 c. raisins  
 2 pkgs. yeast  
 1 tbsp. sugar  
 2 tsp. salt

1 1/2 tsp. ground cinnamon  
 1/4 tsp. baking soda  
 2 c. milk  
 1/2 c. water  
 Cornmeal

Combine 3 cups flour, raisins, yeast, sugar, salt, cinnamon, and soda in bowl. Combine milk and water in saucepan. Heat until very warm, 120-130 degrees F. Gradually add to dry ingredients and beat well. Stir in remaining 3 cups flour to make stiff dough. Spoon into 2 (9x5x3") baking pans that are greased and coated with cornmeal. Cover. Let rise 45 minutes or to top of pan. Bake 400 degrees F. 25 minutes. Remove from pan and cool. To serve: Slice and toast. Number of Servings: 2 loaves.

KOLACHES

Jane Rychnovsky

1 c. milk  
 1/2 c. oil  
 1/2 c. sugar  
 2 eggs (beaten)

3 1/2 c. flour  
 1 tsp. salt  
 2 pkgs. dry yeast

Dissolve yeast in 1 tsp. sugar and 3/4 cup water. Scald milk and shortening. Pour over sugar and salt. Stir to dissolve. Cool. Add dissolved yeast. Add beaten eggs and flour. Mix well. Cover and let rise where warm 1 hour. Roll on floured board to 1/4 inch thickness. Cut with small galss. Put on cookie sheet and let rise again. Make a big depression in center of each leaving a rim around the edge to hold filling in. Fill with poppy, apricot, or cherry filling. Bake in 350 degree oven on bottom shelf 5 minutes, then put on top shelf to finish browning. Using oleo, go around rim of each one. Let set till cool. Number of Servings: 3 dozen.



DANISH PRUNE STRIPS

Carol Rueber

4 c. flour	3/4 c. warm water
1 tsp. salt	3 tbsp. sugar
1 c. lard	3 beaten eggs
1 pkg. dry yeast, softened in 1/4 c. warm water	Solo (or other) canned fruit filling

Mix well all ingredients (except fruit filling). Refrigerate covered, overnight. Divide dough into 4 parts (dough will be very sticky). Roll into long rectangles (about 6" x 20") on a well-floured board. Spread filling onto center of dough, leaving about 2" on each side and at each end. (It takes about 1/2 can of Solo Brand filling to fill each strip.) Lap sides over filling and pinch together. Lap ends over and pinch. Carefully flip pastry onto ungreased cookie sheets; seams down. Flatten slightly with hands. Bake in preheated 350 degree oven for 20 minutes, or until golden brown. Cool just slightly and spread with powdered sugar, almond flavoring (to taste) and milk which has been mixed into a gravy-like consistency. Cut into 1" strips when cooled. Apricot, almond or prune fillings are very good in this coffee cake. Number of Servings: 20-30.

CHERRY BUNS

Donna Straight

1 (No. 303) can red tart cherries	1 c. milk, scalded
1 1/3 c. sugar	1/2 c. shortening
2 tbsp. flour	1/3 c. sugar
1 tbsp. butter	1 tsp. salt
Few drops red food coloring	1 egg
1 pkg. active dry yeast	4 - 4 1/4 c. sifted flour

Drain cherries thoroughly. Combine sugar and flour. Add cherries and cook until thick. Add butter and food coloring. Cook and reserve. Soften yeast in 1/2 cup warm water. Add hot milk to shortening, sugar and salt. Stir until shortening is melted; cool to lukewarm. Stir in 1 1/2 cups of flour. Add softened yeast, beat well.

(CONT'D)



## Cherry Buns (Cont'd)

Stir in remaining flour or enough to make a soft dough. Cover and let rest 10 minutes. Knead on lightly floured surface about 5 minutes. Place in a greased bowl, cover and let rise in a warm place until double in bulk, about 1 - 1 1/2 hours. Punch down, cover and let rise 10 minutes. Roll dough to slightly less than 1/2" thick. Cut with a 2 1/2" cutter. Place 2" apart on a lightly floured greased baking sheet. Cover and let rise until light, about 45 minutes. With finger, press down center of buns, spoon in cherry filling. Bake at 375 degrees about 15 minutes or until done. Number of Servings: 1 1/2 - 2 dozen.

BAGELS

Carol Rueber

1 c. scalded milk	1 pkg. dry yeast
1/4 c. margarine	2 eggs
1 tbsp. sugar	3 3/4 c. sifted flour
1 tsp. salt	

Combine milk, margarine, sugar and salt. Cool to 105 - 115 degrees and add yeast. Blend in 2 eggs and 3 3/4 cups flour. (Dehydrated onion flakes, or raisins and 1 tsp. cinnamon may be added.) Knead 10 minutes. Let rise in warm place in a greased bowl until double; punch down; roll dough to a large rectangle about 6x10 inches. Cut in half lengthwise, and cut each half into 9 pieces or strips (18 strips total). Form doughnut shape by making a ring with the dough and pinching it together. Let the bagels rise, covered, on a floured board for 15 minutes. Drop bagels (3 at a time) into a boiling solution of 2 quarts water and 1 tbsp. sugar. As bagels surface, turn over and cook 3 minutes. Place bagels on ungreased cookie sheet; brush them with beaten egg white. Bake at 400 degrees for 20-25 minutes. Split (slice) and serve with cream cheese. Number of Servings: 18 bagels.



KANYAN CHAPATI

Judith Wdembu

2 - 3 c. all-purpose flour      2 tbsp. vegetable oil  
 1/2 tsp. baking powder      1/4 tbsp. salt  
 1 1/2 c. water

Mix the flour, baking powder, water, oil and salt together in a bowl. Keep mixing until it is stiff enough to be rolled on a board. Divide the dough into small balls. Roll each ball on a board until flat. Heat some oil in a frying pan until hot. Put flattened dough in pan. Fry turning each side until Chapati is all brown. Number of Servings: 4-5.

NICARAGUAN BANANA FRITTERS

Rolando Jirón

3 ripe bananas      3 tbsp. flour  
 1 egg      Oil for frying  
 1/2 tsp. baking powder

Mash the bananas well. Beat the egg, add it to the bananas and add the baking powder and flour. Fry in hot oil, dropping batter from a spoon. Dust with sugar when they are done. Serve hot. This is good for breakfast. Number of Servings: 24 (2 inch) fritters.

GERMAN OVEN PANCAKES

Becky and Dick Shook

1/4 c. margarine      1/3 c. sugar  
 1 1/2 c. milk      3 eggs  
 3/4 c. flour      1/4 tsp. salt

Put margarine in pie tin and put in preheating 400 degree F. oven. Blend rest of ingredients in a blender until smooth. Pour into the pie tin in oven. Adjust heat to 450 degrees F. for 20 minutes, then lower to 350 degrees F. for 8-10 minutes or until done. Put applesauce or any other fruit on top and serve warm.

CORNMEAL PANCAKES

Gary Roberts

1 c. cornmeal      1/2 c. all-purpose flour  
 1 c. boiling water      2 tsp. double-acting  
 1 egg      baking powder  
 1/2 c. milk      Fresh (or canned) peaches  
 2 tbsp. melted margarine      Honey or syrup  
 or butter

(CONT'D)



### Cornmeal Pancakes (Cont'd)

Stir boiling water into cornmeal and let stand 10 minutes. Mix egg, milk and butter together and add to cornmeal mixture. Mix baking powder into flour and stir into batter. (If batter does not flow smoothly more water or milk may be added.) Cook on a hot griddle. Top pancakes with sliced peaches and honey or syrup. Number of Servings: 3.

### YORKSHIRE PUDDING POPOVERS

David J. Vales

1 c. flour	2 eggs
1 c. milk	1/4 tsp. salt

Mix salt and flour. Add milk gradually to form a smooth paste. Then add eggs and beat until light. Grease muffin tin. Fill cups 1/3 full. Bake 20 minutes in 450 degree F. oven, minimizing opening oven door. Number of Servings: 12 popovers.

### TORTILLAS FOR TACOS OR ENCHILADAS

Graciela Mochan

2 c. masa harina	2 cast-iron griddles
1 1/3 c. warm water (or less	or frying pans
in humid weather)	2 polyethylene bags
Tortilla press or a heavy	1 tbsp. bleached wheat flour
pot	

Mix the flour and water together to a soft dough. Meanwhile heat the griddles, one over a low flame, the other over a rather high flame. Place one of the bags on the bottom part of the tortilla press or on a table if you don't have the tortilla press. Roll a piece of the dough into a ball about 1 1/2 inches in diameter. Place the ball on the center of the bag, place the 2nd bag on top of the ball of dough. Close the press and push hard or press with a heavy pot on table. Then open and peel the top bag off the flattened dough, starting from the edge where dough is not too thin. If dough is still rather thick and has a grainy uneven edge, then it is too dry. Add some more water to the dough and knead it well. Pick up the second bag together with the dough on your fingers not your palm. Carefully peel the bag off the dough - do not try to peel the dough off the bag. If

(CONT'D)



## Tortillas for Tacos or Enchiladas (Cont'd)

the dough does not come away easily from the bag it is too wet. Add some more flour and knead the dough again, lightly grease your hands to make it easier to handle.

Cooking: Place the tortilla on the cooler of the 2 griddles. After a few seconds, the dough will begin to dry out at the edge. Do not wait for it to curl up, but flip the tortilla over into the hotter pan and let it cook until it is speckled with dark brown patches. Flip it back onto the first, still in the hotter pan and let it cook further and color a little. The total cooking time for each tortilla is about 2 minutes. The 2nd side which is now on top is the face of the tortilla. It will probably puff up - you can encourage it by "tickling" the tortilla by pressing just before it finishes cooking. This puffing is not necessary for most recipes, it just depends on the heat of the pans, especially the hotter which is apt to burn after a while. Stack the tortillas in a dry cloth to keep warm and moist. They are traditionally served in a chiqui hvite, a square-shaped basket always lined with a cloth and are always kept covered.

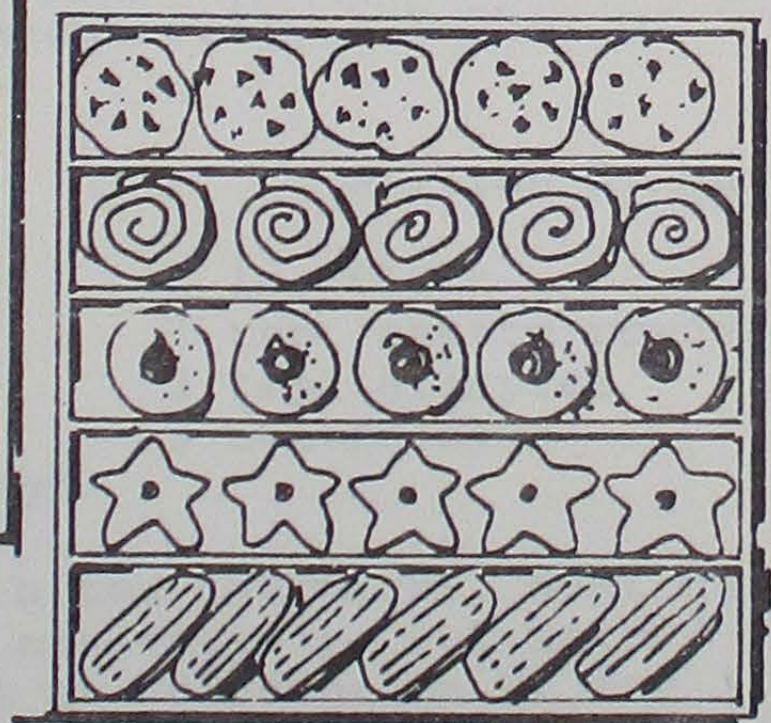
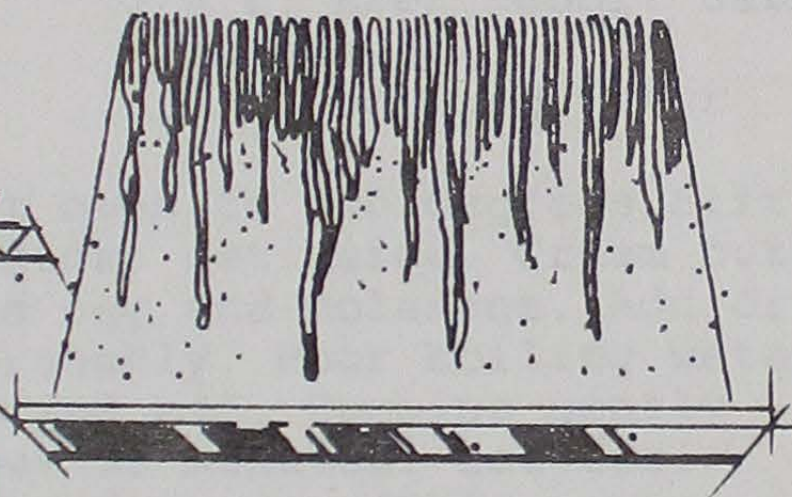
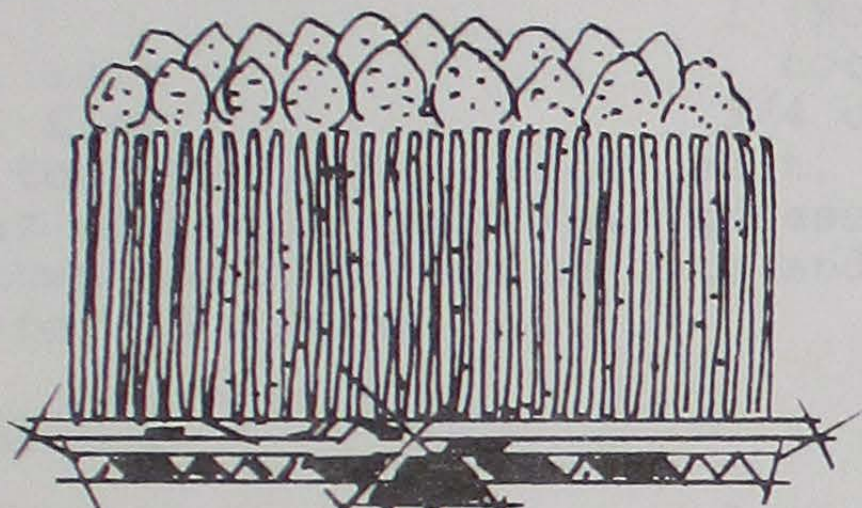
You can make tacos with chicken, beef or pork meat by placing it chopped along the diameter of the tortilla and rolling it up. Each person makes its own tacos. You can put hot sauce, cream and cheese and/or tomato sauce and heat the tacos under the broiler for enchiladas till the cheese melts. Tacos are eaten without fork or knife. Enchiladas, since they are wet in the sauce may be cut and ate with fork and knife.

Number of Servings: 16 small tortillas, about 5 inches diameter.

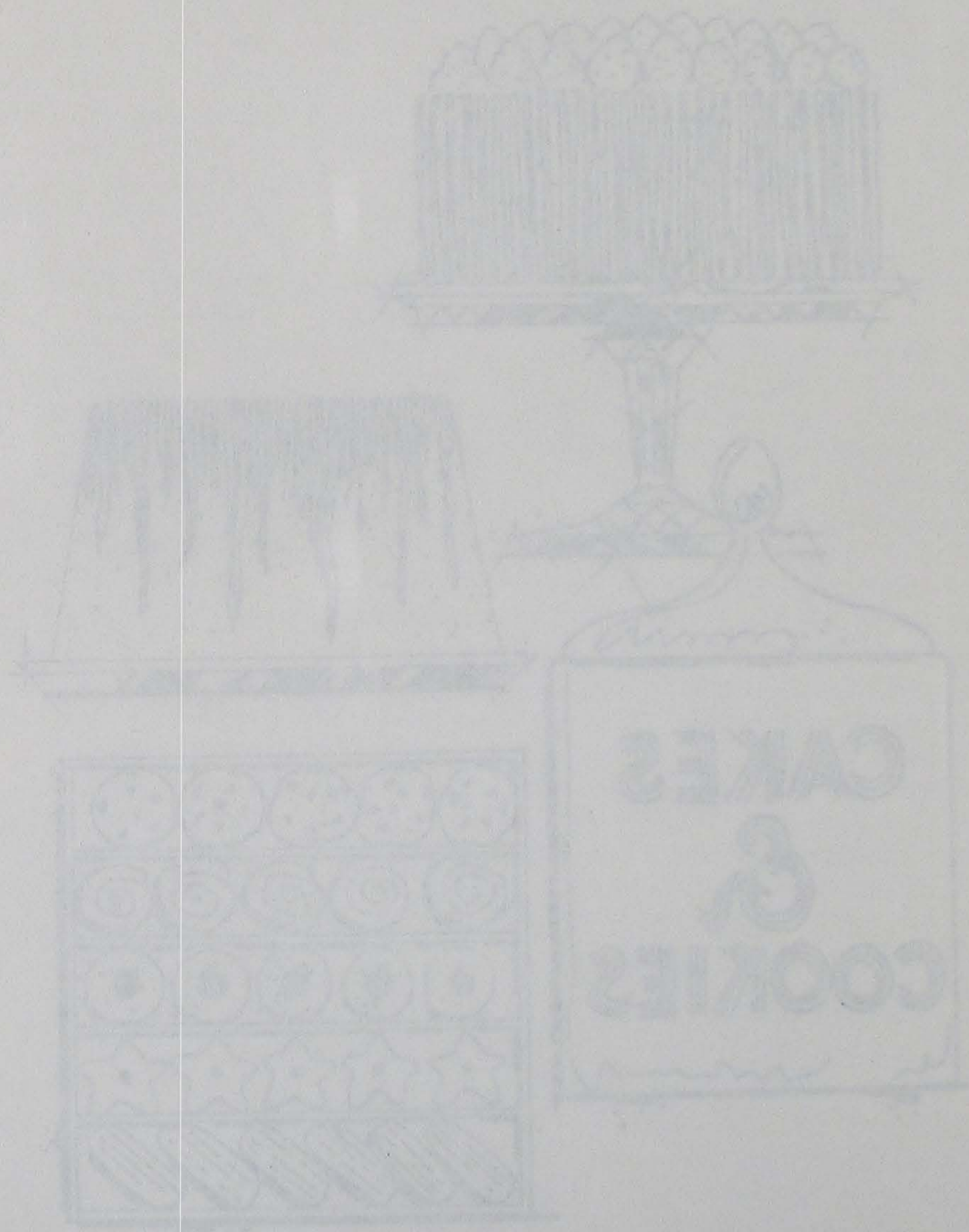














FRUIT COCKTAIL TORTE

Lori Herzog

1 c. white sugar  
 2 eggs  
 1/4 tsp. salt  
 1 1/2 c. flour

1 rounded tsp. baking soda  
 1 (No. 2) can fruit  
     cocktail with juice  
 3/4 c. brown sugar

Mix together sugar, eggs, salt, flour, baking soda and fruit cocktail; pour into greased 9x13 inch pan. Place brown sugar on top of cake and bake at 350 degrees for 35 minutes.

GINGERBREAD

Jeanie Frasch

1 2/3 c. flour  
 1 tsp. ground ginger  
 1 tsp. baking soda  
 2/3 c. butter  
 2/3 c. sugar

1 egg (slightly beaten)  
 2/3 c. Brer Rabbit dark  
     molasses  
 2/3 c. boiling water

Grease 9x9" pan. Preheat oven to 350 degrees. Sift together flour, ginger and soda; set aside. Cream butter and gradually add sugar. Add egg and molasses. Add dry ingredients and combine thoroughly. Pour boiling water into molasses measuring cup and add. Combine gently and pour into pan. Bake about 35 minutes. Let cool slightly and serve with whipped cream. (This gingerbread freezes and reheats beautifully.) Number of Servings: 9.

BARM BRACK OR TEA BRACK

Gillian E. Murphy

1 lb. golden raisins  
 1 lb. raisins  
 1 lb. brown sugar  
 \*3 c. hot black tea

1 lb. flour  
 3 tsp. baking powder  
 3 tsp. allspice  
 3 beaten eggs

\*You can substitute 1 cup of Guinness for 1 cup of tea.

Soak fruit and sugar in tea overnight. Next day, add flour and beaten eggs alternately. Put into 3 greased loaf pans and bake at 300 degrees F. for 1 1/2 hours. Cool for five minutes and remove from pans. Brack is ideal for freezing and may be stored in fridge for 3 weeks. It is eaten, traditionally, at Halloween (but also at other times!). On Halloween Night put a ring

(CONT'D)



## Barm Brack or Tea Brack (Cont'd)

(wrapped in foil) into Barm Brack. The person who receives the ring is supposed to have good luck for the rest of his or her life!

TOFFEE BAR CAKE

Sarah Webb

2 c. brown sugar	1/2 c. butter or margarine
2 c. sifted flour	1/2 tsp. salt

Mix like pie crust. Reserve 1 cup. Add to remainder of the mixture:

1 egg	1 tsp. vanilla
1 c. milk	1 tsp. soda

Beat and pour into a greased 9x13" pan. Mix reserved crumbs with 6-8 Heath bars (broken up, not too fine) and 1/2 cup pecans. Spread over the top of the cake and bake for 30-35 minutes at 350 degrees.

RAVE REVIEWS COCONUT CAKE

Jon and Mary Jeambey

1 pkg. yellow cake mix	4 eggs
1 pkg. instant pudding and pie filling	1/4 c. oil
1 1/3 c. water	2 c. Angel Flake coconut
	1 c. chopped pecans or walnuts

## FROSTING:

8 oz. cream cheese	3 1/2 c. sifted powdered sugar
4 tbsp. butter	1/2 tsp. vanilla
2 tsp. milk	2 c. flake coconut

Blend cake mix, pudding mix, water, eggs and oil in large mix bowl. Beat at medium speed for 4 minutes. Stir in coconut and nuts. Pour into 3 greased and floured (9 inch) layer pans. Bake 350 degrees for 35 minutes. Cool in pans 15 minutes. Remove and cool on racks.

Frosting: Melt 2 tbsp. butter in skillet, add coconut. Stir constantly over low heat until golden brown. Spread coconut on absorbent paper to cool.

(CONT'D)



## Rave Reviews Coconut Cake (Cont'd)

Cream 2 tbsp. butter with cream cheese. Add milk. Stir in 1 3/4 cups coconut. Spread on cake. Sprinkle with remaining coconut.

MOM'S CINNAMON PUDDING CAKE (Serves 6) Laura Carrier

Combine:

1 3/4 c. firmly packed brown sugar	2 tbsp. butter 1 1/2 c. cold water
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Combine in saucepan. Bring to boil. Cool.

Sift together:

2 c. sifted flour	1/2 tsp. salt
2 tsp. baking powder	2 1/2 tsp. cinnamon

Cream together:

2 tbsp. butter	1 c. sugar
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Add the dry ingredients alternately with 1 cup milk, beginning and ending with dry ingredients. Blend well after each addition. Spread into greased 9x9 inch pan. Pour brown sugar mixture over batter. Sprinkle with 1/2 cup chopped nuts. Bake in moderate oven (350 degrees) 35-40 minutes. Serve warm with whipped or ice cream.

BASBOUSA

Laura Carrier

(Semolina Cake from Egypt)

CAKE:

1/2 c. butter, preferably unsalted	1 tsp. baking powder
3/4 c. sugar	1/2 tsp. soda
1 tsp. vanilla	3/4 c. yogurt
2 eggs	Blanched split almonds
2 c. cream of wheat (uncooked)	

SYRUP:

1 1/2 c. sugar (can be reduced or substituted with honey)	1 1/2 c. water 1 tbsp. lemon juice
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Cream butter, sugar and vanilla. Add eggs and beat well. Sift cream of wheat, baking powder and soda. Stir  
(CONT'D)



### Basbousa (Cont'd)

into butter mixture alternately with yogurt. Spread batter into greased 8x12 inch slab cake pan and place almonds on top in rows (4 across and 7 down). Arrange evenly so that when cake is cut, an almond will be centered on each piece. Bake at 350 degrees for 30-35 minutes until cake is cooked when tested. While cake cooks, make syrup. Dissolve sugar in water over medium heat, add lemon juice and bring to a boil. Boil rapidly for 10 minutes, then cool by standing in pan of cold water. When cake is cooked, pour cold syrup over hot cake. Cool thoroughly and cut into diamond shapes or squares. Whipped cream may be served with Basbousa. Yields: 28 pieces.

### GHANA TWISTED CAKE

Esther Mingle Awotwi

1 tbsp. flour	9 tbsp. sugar
3 1/2 oz. butter or margarine	Nutmeg, vanilla essence
2 eggs (medium)	A little milk

Sift flour. Add sugar and butter or margarine. Knead at fingertips till well mixed. Add eggs (beaten), nutmeg and vanilla essence. Add milk and combine into a pastry then can be rolled. Roll on a floured board and cut into desired pieces. Deep fry till golden brown. Serve hot or cold. Number of Servings: Four.

### CARROT CAKE

Susan Barnum

#### CAKE:

2 c. sugar	2 1/4 c. flour
1 1/2 c. vegetable oil	2 c. shredded carrot
3 eggs	2 c. flaked coconut
2 tsp cinnamon	1 (8 oz.) drained, crushed pineapple
2 tsp. vanilla	1 c. chopped walnuts (opt.)

#### FROSTING:

6 oz. cream cheese (at room temperature)	2 tsp. vanilla
1/2 c. melted butter (1 stick)	1/4 tsp. salt
1/4 c. milk	3-4 c. powdered sugar

(CONT'D)



## Carrot Cake (Cont'd)

Preheat oven to 350 degrees. Grease 9x13" pan. Combine sugar, oil, eggs and vanilla in large bowl and blend with wooden spoon. Stir in flour, cinnamon, coconut, pineapple, and walnuts. Pour into pan. Bake until tester is clean, about 50 minutes. Let cool in pan 5 minutes. Invert onto plate to cool.

Frosting: Combine cheese, butter, milk, vanilla and salt in medium bowl and blend with mixer. Beat in enough sugar to make mixture spreadable. Frost top and sides of cooled cake.

CARROT-PINEAPPLE CAKE

Jean Ripley

1 1/2 c. oil	1 tsp. soda
2 c. sugar	1/2 tsp. salt
3 eggs	1 tsp. cinnamon
1 c. drained, crushed pineapple	1 tsp. vanilla
2 c. grated carrots	1 c. finely chopped nuts
2 1/2 c. flour	Topping

Cream oil, sugar and eggs together. Add pineapple and carrots, mix well. Sift flour, soda, salt and cinnamon together. Add to carrot mixture; stir in vanilla and nuts. Beat well; pour into cake pan. Bake in preheated 350 degree oven for 45 minutes or until cake tests done. Let cool; remove from pan. Spread topping over cooled cake.

## TOPPING:

1 lb. confectioner's sugar, sifted	1 (3 oz.) pkg. cream cheese, softened
1/2 c. margarine, softened	1 tsp. vanilla

Combine sugar, margarine and cream cheese; mix until smooth. Add vanilla; mix well.

Number of Servings: 24.



JOLENE'S CARROT CAKE

Belinda Goff

2 c. whole wheat flour  
 1 1/2 c. sugar  
 2 tsp. soda (baking soda)  
 2 tsp cinnamon  
 1 tsp. salt

1 c. vegetable oil  
 4 eggs  
 3 c. grated carrots  
 1 tsp. vanilla  
 1/2 c. walnuts or pecans

1. Combine first six ingredients (mix till smooth).
  2. Beat in one egg at a time.
  3. Add carrots and vanilla (stir until mixed well).
  4. Put into two greased loaf pans (9x11; sheet or bundt).
  5. Bake one hour at 350 degrees (or until center springs back when touched and/or toothpick comes out clean from center.)
- (Especially good with cream-cheese frosting.)  
 Number of Servings: Approx. 16.

RUM CAKE

Nancy Carper

1 1/2 c. chopped pecans or  
 walnuts  
 1 pkg. Pillsbury Butter  
 Flavor Cake Mix  
 1 sm. pkg. French Vanilla  
 Instant Pudding Mix

5 eggs  
 1/2 c. cooking oil  
 1/2 c. white rum  
 1/2 c. water

Grease and flour well a bundt pan. Cover bottom with chopped pecans or walnuts. Mix dry ingredients (cake and pudding mixes). Beat eggs well but not too long. Mix eggs, rum, oil and water. Add to dry mix. Beat with electric mixer, medium speed, just until well blended. Pour into pan. Bake 300 degrees for 1 hour and 10 minutes.

TOPPING:

1/4 c. rum  
 1/4 c. water

1 stick oleo  
 1 c. white sugar

Bring to boil and let boil for 2 minutes. Cool for 2 minutes. Pour over baked cake. Let stand in pan until cool. All of the topping will be absorbed into the cake. Invert and remove from pan.



SCRUMPTIOUS RUM CAKE

Natalie James

1 c. chopped pecans	4 eggs
1 (18 1/2 oz.) pkg. yellow cake mix	1/2 c. cold water
1 (3 3/4 oz.) pkg. Jell-O Vanilla Instant Pudding and Pie Filling	1/2 c. Bacardi dark rum

Preheat oven to 325 degrees. Grease and flour tube pan. Sprinkle nuts over the bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top of cake. Drizzle smooth glaze over top and sides. Allow cake to absorb glaze. Use all the glaze. Number of Servings: 8.

GLAZE:

1/8 lb. butter	1/2 c. granulated sugar
1/8 c. water	1/4 c. Bacardi dark rum

Melt butter, stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat, stir in rum. Optional: Decorate with cherries or whipped cream. Enjoy!

PUMPKIN CAKE ROLL

Barbara Pals

3 eggs	1 tsp. ginger
1 c. sugar	1/2 tsp. nutmeg
2/3 c. pumpkin	1/2 tsp. salt
1 tsp lemon juice	2 tsp. cinnamon
3/4 c. flour	1 c. chopped walnuts
1 tsp. baking powder	

FILLING:

1 c. powdered sugar	4 tbsp. butter
2 (3 oz.) pkgs. cream cheese	1/2 tsp. vanilla

Beat eggs on high speed for 5 minutes; gradually beat in sugar. Stir in pumpkin and lemon juice. Stir together dry ingredients; fold into pumpkin mixture. Spread in greased and floured 15x10x1" pan. Top with walnuts; bake at 375 degrees for 15 minutes. Turn out on towel sprinkled with powdered sugar. Starting at

(CONT'D)



## Pumpkin Cake Roll (Cont'd)

narrow end, roll towel and cake together; cool; unroll. Beat ingredients for filling until smooth, spread over cake; roll; chill. I use 1 1/2 recipe of the filling; it seems to fill it better.

Number of Servings: 8.

PEPSI CAKE

Susie Keller

2 sticks margarine  
2 tbsp. cocoa  
1 c. Pepsi  
2 c. flour  
2 c. sugar  
2 beaten eggs

1/2 c. buttermilk (or  
sour milk)  
1 tsp. vanilla  
1 tsp. baking soda  
1 1/2 c. mini marshmallows

## FROSTING:

1 stick margarine  
3 tbsp. cocoa

1/2 c. Pepsi  
1 lb. powdered sugar

Combine margarine, cocoa and Pepsi. Pour Pepsi mixture over flour and sugar. Add eggs, buttermilk, vanilla, baking soda and mini marshmallows. Mix well. Spread in greased and floured jelly roll pan at 350 degrees for about 25 minutes.

Frosting: Bring to boil margarine, cocoa and Pepsi. Beat in 1 lb. powdered sugar. Spread frosting over warm cake. Delicious. Number of Servings: 8.

THE LAZY BRAZILIAN CAKE

Vera Lachan

1 can condensed milk  
1 1/4 cans coconut (shredded)

4 eggs

Beat the whites, add yolks, condensed milk and coconut. Grease pan and cook at 350 degrees F. for 1/2 hour. Number of Servings: 6.



LAMINGTONS (An Australian staple food) Kris Martin

Before the Women's movement, the true test of an Aussie housewife was her ability to turn out a good batch of Lamingtons.

## CAKE MIXTURE:

4 oz. butter or margarine	2 c. self-rising flour
3/4 c. sugar	Pinch salt
1 tsp. vanilla essence	1/2 c. milk
2 eggs	

Cream butter and sugar with vanilla until mixture is white and fluffy. Gradually beat in the slightly beaten eggs. If using an electric mixer, add eggs one at a time and beat well after each. Sift flour and salt 3 times and then fold into creamed mixture alternately with milk, beginning and ending with flour. When mixture is smooth, pour into greased 13x9" pan, and bake for 30-35 minutes in a moderate oven, 350 degrees F. Cool on wire rack, then cut into small oblong shapes. Dip each in thin chocolate icing and immediately roll in dried, flaked coconut. Leave on rack to set.

## THIN CHOCOLATE ICING:

Sift 1 lb. icing sugar and 3 tbsp. cocoa into basin. Add 4 tbsp. boiling water, 1/2 tsp. butter and a few drops vanilla and stir until smooth and shiny. (If icing sets, stand bowl in hot water until icing thins down.)

LAYERED ICE CREAM CAKE WITH STRAWBERRY SAUCE

Nancy Michaelson

2 (8") cake layers	2 tbsp. cornstarch
1 qt. strawberry ice cream, softened	2 tbsp. lemon juice
1 pkg. (1 lb.) frozen strawberries, thawed	1 pt. fresh strawberries

Split each cake layer into 2 layers. Put together with ice cream between layers. Place on serving platter and freeze until serving time. Puree thawed strawberries and put in saucepan. Blend cornstarch with lemon juice and 2 tbsp water and add to berry puree. Bring to boil,

(CONT'D)



## Layered Ice Cream Cake With Strawberry Sauce (Cont'd)

stirring, and simmer until clear and thickened; chill. Pour over cake just before serving. Decorate with strawberries sliced lengthwise from tip to stem and turned out. Number of Servings: 12.

P.S. This is really a special treat - Guaranteed to please!

BANANA SPLIT CAKE

Colleen Grell

Graham cracker crust in 9x13 pan.

2 eggs	1 stick butter, melted
2 c. powdered sugar	3 or 4 sliced bananas
2 sticks butter	(round slices)
2 c. graham cracker crumbs	1 lg. can crushed pine-
1/4 c. sugar	apple, drained
	1 lg. carton Cool Whip

In small mixing bowl combine eggs, powdered sugar and butter. Beat for 5 minutes. Then spread over cooled graham cracker crust. Then layer bananas, pineapple and Cool Whip. Top with maraschino cherry halves on each piece. Sprinkle with chopped nuts. Refrigerate 8 hours. Number of Servings: 16 to 24.

SWEET RICE SQUARES

Julia Chen

3 eggs	1 tsp. baking powder
2 c. sugar	1 tsp. vanilla
1 stick margarine	Dash of salt
3 c. milk	

Mix the ingredients together, same method as making cakes. Grease thoroughly a 13x9 cake pan bottom and sides. Pour the batter into the pan. Bake at 350 degrees F. for 60-65 minutes. Cool and cut into small squares. Number of Servings: 30 pieces.



CHOCOLATE CHEESE LAYER BARS

Barbara Pals

## CHOCOLATE LAYER:

1/2 c. butter  
 1 c. sugar  
 2 eggs  
 1 tsp. vanilla  
 1 oz. melted baking chocolate

1 c. flour  
 1 tsp. baking powder  
 1/2 c. chopped nuts

## CHEESE LAYER:

1/4 c. butter  
 1/2 c. sugar  
 6 oz. cream cheese  
 1 egg

2 tbsp. flour  
 1/2 tsp. vanilla  
 1/4 c. chopped nuts  
 3 c. miniature marshmallows

## FROSTING:

1/4 c. butter  
 2 oz. cream cheese  
 1 oz. melted baking chocolate

2 tbsp. milk  
 1 tsp. vanilla  
 3 c. powdered sugar

For chocolate layer, mix ingredients in order given; spread in 9x13 greased pan.

Cheese layer: Combine ingredients in order given (except marshmallows). Spread over unbaked chocolate layer. Bake at 350 degrees for 20-25 minutes; remove from oven and sprinkle marshmallows on top; return to oven for 2 minutes. Remove, spread out marshmallows, cool.

Frosting: Combine butter, cream cheese, milk and heat until melted. Remove from heat; add powdered sugar and vanilla; mix and spread over cooled marshmallow layer. Number of Servings: 24 bars.

NORTHERN LIGHT BARS

Elaine Carpenter

(Originally from the Country Fair Cookbook)

1/3 c. butter  
 1/3 c. brown sugar  
 1 c. sifted flour  
 1/2 c. chopped nuts  
 1/4 c. sugar

1/2 lb. cream cheese  
 1 egg  
 1 tbsp. lemon juice  
 1/2 tsp. vanilla

Cream butter and brown sugar until light and fluffy. Add flour and nuts. Mix well. Reserve 3/4 cup of this mixture. Press the remaining into greased 8"

(CONT'D)



### Northern Light Bars (Cont'd)

square pan. Bake 350 degrees for 12-15 minutes. Beat sugar, cream cheese until smooth. Beat in egg, lemon juice and vanilla. Mix well. Spread over baked crust. Sprinkle with reserved crumbs. Bake 350 degrees for 25 minutes. Number of Servings: 16 (2x2") squares.

### FUDGE BARS

Lucille Moen

1 c. shortening or butter	1 tsp. baking soda
2 c. brown sugar	1 tsp. salt
2 eggs	2 tsp. vanilla
1 3/4 c. flour	3 c. oatmeal

#### FILLING:

1 can sweetened condensed milk	2 tbsp. butter
1 c. chocolate chips	1/2 tsp. salt

Mix the ingredients for the filling over boiling water; remove from heat. Sift the soda, salt and flour together. Cream the butter and gradually add the brown sugar, eggs and vanilla. Blend well. Stir in flour mixture and then the oatmeal. Press 2/3 of the mixture into greased cookie sheet. Spread with the chocolate mixture. Drop remaining 1/3 mixture over filling. Bake at 350 degrees for 25-30 minutes or till lightly browned.

### CHOCOLATE CARAMEL BARS

Mrs. Carole Kettwick

1 box German chocolate cake mix	1 (14 oz.) pkg. Kraft caramels
2/3 c. evaporated milk	1 (6 oz.) pkg. chocolate chips
3/4 c. melted margarine	1/3 c. evaporated milk (Nuts, optional)

Combine first three ingredients and spread 1/2 of mixture in the bottom of a cookie sheet. Bake at 350 degrees for 6 minutes. Melt caramels with evaporated milk. Spread caramel mixture over baked portion. Sprinkle with chocolate chips (add nuts, if desired).

(CONT'D)



Chocolate Caramel Bars (Cont'd)

Spread remaining cake mixture over the top. Return to oven and bake for 15-20 minutes more. Let stand until cool. Cut into bars and serve.

BUSY DAY BROWNIES

Mrs. Warren Straseheim

1 1/2 c. flour	4 lg. eggs
1 c. honey	2 tsp. vanilla
2 tbsp. + 1/2 c. carob (or 5/8 c. cocoa)	1 c. nuts (sunflower seeds, soy nuts, walnuts, etc.)
1 c. butter or margarine	

Mix all ingredients in a bowl, beating 3 minutes. Spread in a greased cake pan (9x13x2" approx.) Bake 350 degrees, 30 minutes. Number of Servings: One pan size 9x13x2" approx. About 2 dozen.

FUDGE BROWNIES

Lori Richardson

4 eggs	1 c. cocoa
2 c. sugar	2 c. flour
1 c. butter	2 tsp. vanilla

Mix all ingredients thoroughly. Bake in shallow, greased pan for 20-30 minutes at 350 degrees.

OATMEAL RAISIN COOKIE SURPRISE

Trish Mullen

1 c. flour	1 1/3 c. brown sugar
3/4 tsp. baking soda	2 eggs
1/2 tsp salt	2 c. uncooked oatmeal
1/4 tsp. nutmeg	1 tsp. vanilla
1 tsp. cinnamon	1 c. raisins
3/4 c. soft shortening	

Sift together flour, baking soda, salt, nutmeg and cinnamon into a large bowl. Add shortening, sugar, eggs and vanilla. Beat till smooth. Stir in oatmeal and raisins. THE SURPRISE: Add 1 cup of chocolate or butterscotch chips. Drop by teaspoonfuls onto greased cookie sheet. Bake 350 degrees, 12-15 minutes. Number of Servings: Approx. 3 or 4 dozen.



FAVORITE OATMEAL COOKIES

Susan Long

1 c. shortening  
 1 c. brown sugar  
 1 c. white sugar  
 2 eggs  
 1 tsp. vanilla  
 1 tsp. salt

1 tsp. soda  
 1 1/2 c. flour  
 3 c. quick oatmeal  
 May add 1/2 c. nuts, 1 pkg.  
 chocolate chips, 1 cup  
 gumdrops, 2 tbsp.  
 grated orange peel,  
 1 cup raisins or dates

Mix in order given. Form dough in small balls or drop from teaspoon on ungreased cookie sheet. Bake about 15 minutes in 350 degree oven. Number of Servings: About 3-4 dozen.

OATMEAL CAROB CHIP COOKIES

Valerie Foote

2 c. whole wheat flour  
 1 tsp. baking powder  
 1 tsp. baking soda  
 1 tsp. salt  
 1 c. shortening  
 2 c. oatmeal

1 c. sugar  
 1 c. brown sugar  
 2 tsp. vanilla  
 2 tbsp. milk  
 2 eggs

Mix ingredients. Bake 12-14 minutes or until lightly browned. 350 degree oven - preheated. Number of Servings: Approx. 50 cookies.

MONSTER COOKIES I

Annette Jensen

1 doz. eggs  
 1 lb. margarine  
 2 lbs. brown sugar  
 4 c. sugar  
 3 lbs. peanut butter

8 tsp. soda  
 18 c. quick oats  
 1 lb. chocolate chips  
 1 lb. chopped nuts  
 1 lg. pkg. M & M's

Find a very large bowl to mix these cookies in. Mix all ingredients together with electric mixer. Add in order. This recipe calls for very large amounts of each ingredient but it makes lots of cookies. Number of Servings: About 12 dozen.



MONSTER COOKIES II

Valerie McIntyre

1/2 c. margarine  
 3 c. peanut butter  
 2 1/4 c. brown sugar  
 2 c. white sugar  
 6 eggs  
 1 1/2 tbsp. vanilla

1 1/2 tsp. Karo syrup  
 9 c. oatmeal  
 4 tsp. soda  
 1 c. chocolate chips  
 1 c. M & M's  
 1 lb. chopped nuts

Stir all together in large bowl. Bake at 325-350 degrees for 10-12 minutes. Number of Servings: Makes 6 dozen.

MOM'S CHOCOLATE CHIP COOKIES

Jo Schechinger

1 c. sugar  
 1 c. brown sugar  
 2 c. flour  
 2 c. oatmeal (instant)  
 1/2 to 1 c. chocolate chips  
 1 tsp. vanilla

1 tsp. soda  
 2 whole eggs  
 1 tsp. salt  
 1/2 c. wanuts and/or  
 coconut  
 1 c. Crisco shortening

Mix up soft ingredients in large sturdy bowl with electric mixer (sugars, crisco, vanilla, soda, eggs and salt) until smooth. While mixing, stir in slowly, the flour, then oatmeal. If mixture is too hard you can add about 1/4 cup water. Mix up thoroughly. Fold in the chips, nuts and/or coconut. Bake at 350 degrees for 8 minutes for chewy or 10 (+) minutes for crunchy cookies. Number of Servings: Varies (2-3 dozen).

CHOCOLATE BALLS

Susue Keller

1 1/2 c. or 1 lg. pkg.  
 chocolate chips  
 1 can Eagle Brand milk

10 double graham crackers,  
 rolled fine  
 1/2 c. chopped nuts  
 Powdered sugar

Melt chocolate bits in double boiler. Add 1 can Eagle Brand milk. Cook about 5 minutes. Add graham crackers. Add chopped nuts. Cool. Roll into small balls and roll into powdered sugar. Delicious!



SNICKERDOODLES

Sue Beinecke

1 c. shortening  
 1 1/2 c. sugar  
 2 eggs (unbeaten)  
 2 3/4 c. flour

2 tsp. cream of tartar  
 1 tsp. baking soda  
 1/2 tsp. salt

Cream together shortening and sugar. Add eggs. Beat until light and fluffy. Sift in dry ingredients and beat until dough-like. Refrigerate a couple of hours. Roll into walnut-size balls. Then roll into a cinnamon mixture (2 tbsp. cinnamon and 5 tbsp. sugar). Place 2 inches apart on cookie sheet and do not flatten out. Bake at 375 degrees for 8 to 10 minutes. Number of Servings: 8-10 dozen cookies.

GRANDMA MARIAN'S SUGAR COOKIES

Mrs. Rodney Jensen

1/2 c. butter  
 1/2 c. margarine  
 1/2 c. vegetable oil  
 2 c. sugar  
 4 c. flour  
 2 eggs

1 tsp. soda  
 1 tsp. cream of tartar  
 1/4 tsp. salt  
 2 tsp. vanilla

Cream the shortening, oil and sugar. Add the eggs and vanilla; mix. Add dry ingredients to mixture and roll into small balls. Roll balls in sugar. Place on a cookie sheet. Flatten with a lightly greased glass dipped in sugar. Bake at 350-375 degrees for 8 to 10 minutes until light brown. Number of Servings: 6-7 dozen.

OATMEAL CARMELITAS

Julie Rosin

40 caramels  
 7 1/2 tbsp. evaporated milk  
 1 1/4 c. flour  
 1 c. brown sugar  
 1/4 tsp. salt

1 1/4 c. oatmeal  
 1/2 tsp. soda  
 1 c. margarine, melted  
 1 1/4 c. chocolate chips  
 1/2 c. nuts

Melt caramels and milk in double boiler. Cool. Combine flour, sugar, salt, oatmeal, soda and margarine. Press half of crumb mixture in a 9x13 pan. Bake at 325 degrees for 10 minutes. Remove. Spread with caramels on

(CONT'D)



## Oatmeal Carmelitas (Cont'd)

top. Sprinkle with 1 1/4 cups chocolate chips and 1/2 cup nuts. Sprinkle with remaining crumbs. Bake 15 minutes more.

SCOTCH TREATS

Becky Stone

6 oz. pkg. butterscotch  
chips

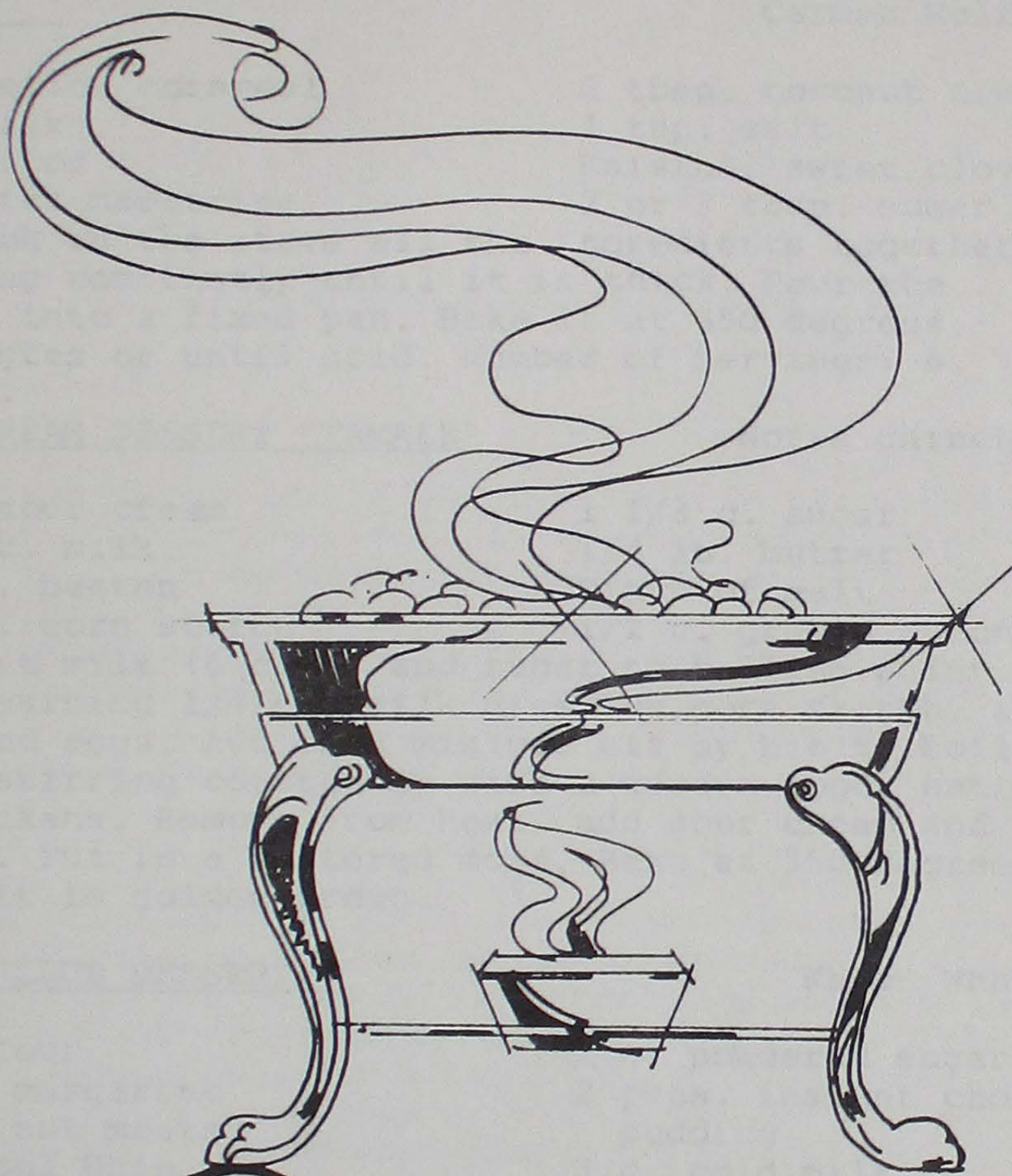
1/2 c. peanut butter  
3 c. Rice Krispies cereal

Melt butterscotch chips and peanut butter in large saucepan over low heat, stirring constantly, until smooth. Remove from heat. Stir in cereal till well-coated. Press evenly into a buttered 9 inch square pan. Chill until firm. Cut into squares. Keeps best in the freezer and serve best when well chilled or frozen. Number of Servings: 16-24.



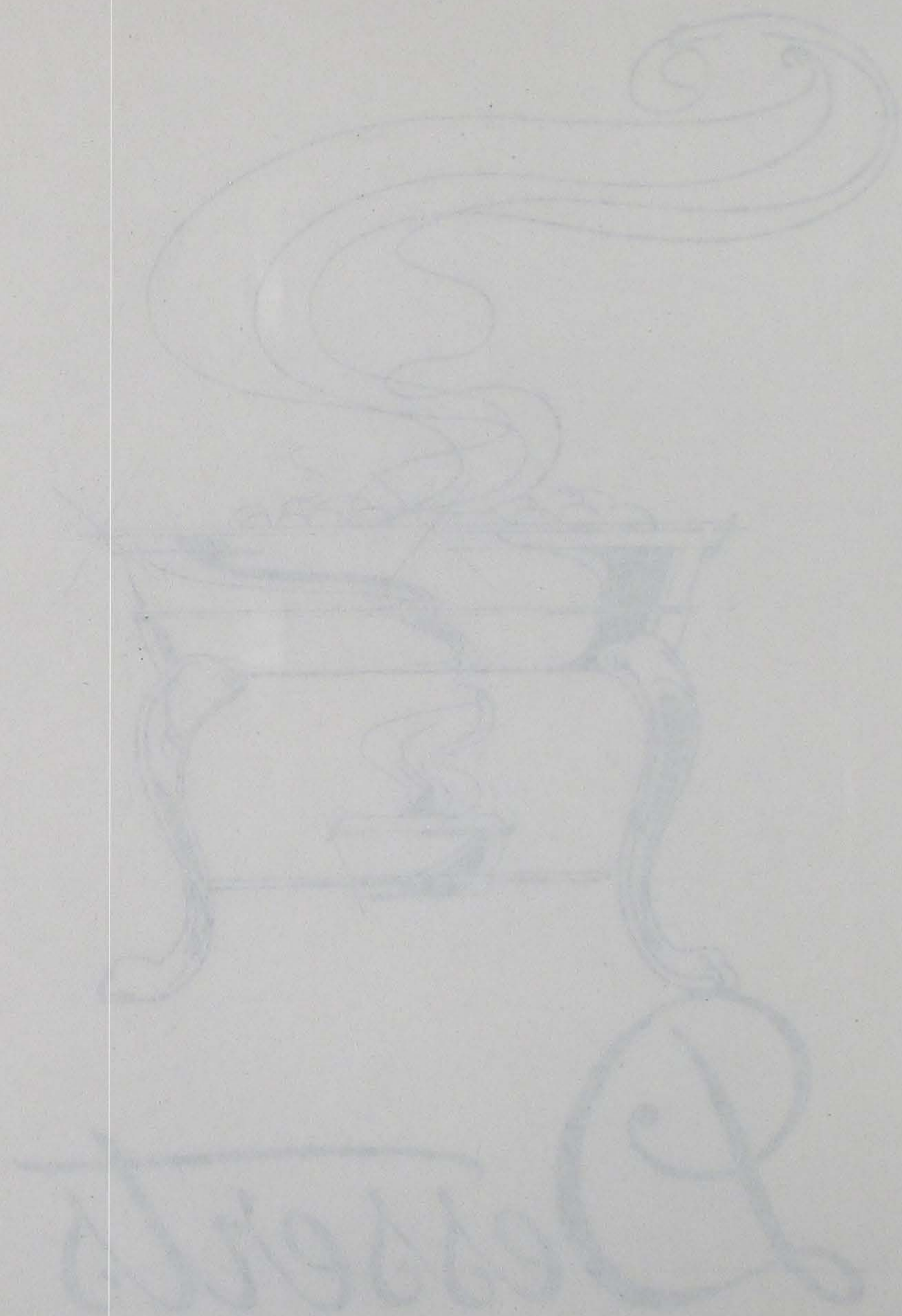






Desserts







AREPA

Carmen Wolfe

1 c. yellow cornmeal  
 1 c. milk  
 1 c. water  
 1/2 stick margarine

2 tbsp. coconut cream  
 1 tsp. salt  
 Raisins, sweet clove  
 2 or 3 tbsp. sugar

Cook on the stove all the ingredients together, stirring constantly until it is thick. Pour the batter into a fixed pan. Bake it at 350 degrees, 45 minutes or until gold. Number of Servings: 6.

SOUR CREAM DESSERT "TAMALE"

Noris Chinchilla

8 oz. sour cream  
 6 1/4 c. milk  
 4 eggs, beaten  
 1/2 lb. corn starch

1 1/3 c. sugar  
 1/4 lb. butter  
 Pinch of salt  
 1/2 c. grated coconut

Heat milk (6 cups) and sugar to boiling point. In the remaining 1/4 cup milk dissolve corn starch, add salt and eggs. Add this mixture bit by bit to boiling milk, stirring constantly with a wooden spoon until it thickens. Remove from heat, add sour cream and butter. Put in a buttered mold. Bake at 350 degrees F. until it is golden brown.

GARDEN CLUB DESSERT

Karen Whalen

1 c. flour  
 1/2 c. margarine  
 1/2 c. nut meats  
 1 c. Cool Whip  
 1 (8 oz.) pkg. cream cheese

1 c. powdered sugar  
 2 pkgs. instant chocolate pudding  
 3 c. cold milk  
 1 c. Cool Whip

1st layer:

1 c. flour  
 1/2 c. margarine

1/2 c. nuts

Bake at 375 degrees for 15 minutes (spread in cake pan). Cool.

2nd layer:

1 c. Cool Whip

1 c. cream cheese

Whip till fluffy and pour over cooled crust.

(CONT'D)



## Garden Club Dessert (Cont'd)

3rd layer:

2 pkgs. chocolate filling      3 c. cold milk  
 Mix and pour over other 2 layers.

4th layer:

Cover with Cool Whip and top with cherry.

PAVLOVA

Kris Martin

6 egg whites

2 c. sugar

1 1/2 tsp. vinegar

1 1/2 tsp. vanilla essence

Icing sugar

1 pt. strawberries

8 oz. whipping cream,  
whipped

If using a gas stove\*, set oven at highest temperature just as you start to beat the egg whites. Beat egg whites at full speed until they stand in peaks. Sift sugar and sprinkle one tbsp. at a time, beating at high speed only until all sugar has been added. Lastly, fold in vinegar and vanilla essence. Draw a 7 inch circle on greased waxed paper or aluminum foil and put on cookie sheet. Heap egg white mixture on the circle of paper. Mound up the sides with spatula and make a slight depression on top to form a well-shaped meringue when cooked. Turn heat to lowest temperature just before putting Pavlova in bottom of oven to cook for 1 1/2 hours. When cool, spoon whipped cream high in the center. Arrange sliced strawberries over cream. Sprinkle with sifted icing sugar. Number of Servings: 6-8.

\*If using an electric oven, cook Pavlova at a low temperature (300 degrees F.) in the coolest part of the oven for 45-60 minutes, turn off heat and leave until oven is cold.



SUPREME ARROZ CON LECHE  
(Rice Pudding Supreme)

Ana de Salazar

2 1/2 c. rice  
1 c. raisins  
1 can condensed milk  
1 can evaporated milk  
1 c. milk

4 sticks cinnamon  
4 cloves  
1/2 c. sugar  
4 oz. margarine  
Ground cinnamon

Cook rice with 3 1/2 cups water. When water has almost all evaporated, cover saucepan and continue cooking until the grains burst. In a separate pan put the three kinds of milk, cinnamon sticks, cloves and sugar. Cook over low heat until the spice flavors are released into the milk. Combine the rice with the milk and spices, add raisins and butter. Stir constantly over low heat. When thickened, pour into a pyrex dish. Dust the top with ground cinnamon. Serve hot or cold. Keeps well in the refrigerator for several days. Number of Servings: 10.

ARROZ CON LECHE

Maria Espinoza

1 c. rice  
1 (14 oz.) can sweetened  
condensed milk  
1 c. milk

1/3 c. raisins  
1/2 tbsp. cinnamon  
(flakes or sticks)  
1 tbsp. sugar

In one quart pot boil rice in two cups of water and cinnamon until almost all water has been evaporated. Add milk, sugar, raisins and condensed milk; mix well with the boiled rice. Then low heat for 5 to 7 more minutes. Cool to room temperature then chill. Serve cold. Number of Servings: 6 to 8 (rich in calories!)

VANILLA GEATIN

Gabriela Villalpando

4 c. milk  
1 3/4 c. sugar  
4 yolks  
2 env. Knox gelatine  
1 tsp. vanilla

1 shot of conac or Rum  
1/4 c. water  
1/2 c. nuts  
1 pinch of baking soda

Put the Knox gelatine in cold water. Blend half of the milk and the yolks, put a tiny pinch of baking  
(CONT'D)



## Vanilla Gelatin (Cont'd)

soda to the other half. Place all the milk in a pot on high heat until it boils. Add sugar, stir it until you can taste that the yolks are cooked. Get it off the stove. Once it is cool, add the gelatin. Stir. Add the vanilla, conac or rum and the chopped nuts. Number of Servings: 6.

FLAN (Caramel Custard)

Julia Alesii

1/2 c. sugar  
4 eggs  
1/2 c. sugar  
1/2 tsp. salt

1 2/3 c. water  
1 (13 oz.) can evaporated milk  
1 tsp. vanilla  
Nutmeg or cinnamon

In small skillet heat and stir 1/2 cup sugar over medium heat till sugar melts and becomes golden brown. Quickly pour caramelized sugar into 8 individual baking dishes or custard cups, tilting them to coat bottom and sides. In bowl beat eggs, 1/2 cup sugar and salt together. Add water, evaporated milk and vanilla. Blend to mix well. Pour into baking dishes. Sprinkle with nutmeg or cinnamon, if desired. Place in pan 2 1/2" deep. Pour hot water around cups until one inch deep. Bake 40-50 minutes in a moderate oven (350 degrees F.) or until knife comes out clean when inserted in custard. Remove from water. Cool. Chill. Carefully loosen custard from sides and center; invert on plates. Serve. Number of Servings: 8.

FLAN (Caramel Custard)

Mrs. Carmen D. Wolfe

6 eggs  
1 can evaporated milk  
1 can Eagle Brand condensed milk

1 tsp. vanilla  
1 tsp. salt

## CARAMEL:

3/4 c. sugar  
2 tbsp. water

Mix all the ingredients very well in a blender except the caramel. On the top part of the double

(CONT'D)



## Flan (Cont'd)

boiler, melt the sugar and the water, roll pan to coat sides. Pour custard into pan and cook slowly on top of the double boiler with hot water until it's firm, about 3 to 4 hours. Unmold and chill thoroughly. Number of Servings: A lot.

GYPSY'S ARM

Carolyn L. Vers

6 lg. eggs  
6 tbsp. sugar  
6 tbsp flour  
Vanilla extract  
Rum

Marmalade (strawberry  
recommended)  
Whipped cream (small)  
Maraschino cherries  
(small jar)

Separate egg whites from egg yolks then beat egg yolks with the sugar until it is almost white in color then add to that the flour and mix. Leave aside and with a clean mixer beat the egg whites until you can pick it up with a spoon and it does not fall, then you mix both egg whites and the rest of the batter, mix. Add vanilla extract (approximately a tablespoon) and 1 teaspoon of rum only for taste. Oven should be heated to 375 degrees. Place batter in a jelly roll pan for approximately 15 minutes, open oven then and test with a fork in the middle. If fork comes out with batter leave another 5 minutes and try again. When it is done take out of oven and place the pan upside down on top of a clean cloth (bigger than pan) and let it cool a couple minutes. Spread marmalade all over, then with the help of the cloth start rolling it, leave it that way for 30 minutes, then spread whipped cream over it and decorate with maraschino cherries, cut in half. Place in refrigerator for until to serve. Serves 8.



QUESO DE NAPOLES (Neapolitan Cheese)

Graciela Mochan

A flan mold, a saucepan  
 2 c. milk  
 3/4 c. granulated sugar  
 1/4 c. finely ground  
 almonds

A pinch of salt  
 A bowl and a beater  
 4 egg whites  
 A pinch of salt  
 The milk mixture

Coat the flat mold with caramel (1/2 cup granulated sugar on a saucepan over medium flame until it melts in the bottom and transparent), raise the flame and stir with a wooden spoon until it turns a deep brown and starts to froth on top. Pour in mold and turn quickly tipping it from side to side over the bottom and halfway up the sides. Preheat oven 350 degrees. Bring milk to a boil and let simmer for 5 minutes. Add sugar (1/4 cup) and the almonds to the milk and let mixture simmer for another 5 minutes. Set it aside until it is cool. Beat the egg whites until frothy, add the salt and continue beating until they are stiff. Fold the beaten egg whites into the milk mixture. Pour the mixture into the prepared mold. Cover the mold with a well greased lid and set it in the lowest part of the oven in a water bath. Cook for 1 1/2 hours. Test if it is cooked by putting a knife in, most come out clean. Set it aside to cool. Serve at room temperature. Number of Servings: 6.

CHEESE CAKE

Jill Sorden &amp; Steve Sorden

## CRUST:

1 1/4 c. fine graham  
 cracker crumbs

1/3 c. brown sugar  
 1/4 c. melted butter

## FILLING:

1 lb. cream cheese  
 3/4 c. sugar  
 5 eggs

1 tsp. vanilla  
 1/4 tsp. almond extract

## TOPPING:

1 1/2 c. sour cream  
 1/2 c. sugar

1 tsp. vanilla

Mix ingredients for crust. Press into 9" spring form baking pan. Bake 12 minutes at 350 degrees. Beat

(CONT'D)



Cheese Cake (Cont'd)

cream cheese and sugar together. Add eggs one at a time, beating well after each. Add vanilla and extract. Pour into crust and bake 35 minutes at 350 degrees. Remove from oven. Mix topping and spread on cake. Bake another 5 minutes at 350 degrees and then chill.  
Number of Servings: 8-10.

CHEESE PANCAKES

Vanessa Sanchez

PANCAKES:

2 c. Bisquick flour  
1 3/4 - 2 c. milk

1 egg  
2 tbsp. butter, melted

FILLING:

1 1/2 c. cream cheese,  
softened  
1/2 tsp. lemon rind  
Pinch of salt

1/4 c. melted butter  
1 tsp. vanilla  
1/3 c. sugar

Mix the ingredients for the pancakes. Make small pancakes - 20. Mix all the ingredients for the filling. Place about 2 tbsp. of filling on each pancake and roll. Sprinkle with 1/4 cup melted butter and powdered sugar. Warm in the oven, 350 degrees, 10 minutes. Number of Servings: 20.

MAYASIAN COCONUT ROLL

Maimunah Abdulmajid

1 c. all-purpose flour  
1 1/2 c. coconut milk

Food green coloring

FILLING:

5 oz. brown sugar  
3/4 c. water  
1 1/2 c. grated coconut

1/2 tsp. vanilla essence  
1/4 tsp. salt

Sift flour and mix thoroughly with the coconut milk and coloring (just light). Pour 2 teaspoons of batter into a heated greased saucepan. Remove the pancakes when cooked. Place a teaspoon of the filling in the center of the pancake, spread it lengthwise. Roll the

(CONT'D)



## Mayasian Coconut Roll (Cont'd)

pancake with the filling enclosed. To make the filling, mix all the ingredients for the filling until the sugar is dissolved and the mixture gets slightly dry. Number of Servings: 3.

BAKLAVA

## SYRUP:

3 c. sugar

2 1/2 c. water

1 tbsp. lemon juice

1/2 lb. sweet butter

1 lb. Phyllo pastry sheets

2 c. ground walnut meats  
or 1 c. ground walnut  
meats and 1 c. ground  
almonds1 pt. heavy cream,  
whipped, optional

Preheat oven to 200 degrees F. Melt butter and grease in 11x16 inch baking pan. Lay 1 sheet of pastry in the pan, then brush surface generously with melted butter. Lay a second sheet on top of the first and butter. Repeat until half of the pastry sheets have been used. Then spread walnuts evenly over the entire surface. Build-up the remaining half of the pastry sheets, buttering each generously. Pour any remaining batter over the top. Cut into diagonal strips 2 inches wide, across the pan and cut into eating diagonals to form diamonds. Bake Baklava for 2 1/2 hours. The pastry will keep the white color, but will be crisp. While the pastry is baking prepare syrup - Melt sugar in water and lemon juice in a saucepan over medium heat, stirring constantly. Bring to a boil and simmer until it forms a heavy syrup, about 20 to 25 minutes. Remove from heat and keep in a warm place. Remove pastry from oven. Drain excess butter by tilting the pan. Brush surface of diamonds lightly with some of the drained butter to give luster to the pastry. Pour warm syrup over pastry a little at a time until all syrup is absorbed. Allow to cool for several hours. Serve with whipped cream on the side, if desired. Number of Servings: Makes about 30 diamonds, allow 2 per person.



KOLACH (Slovak Nut Rolls)

Kathleen Arnold Roberts

## DOUGH:

1 c. milk  
 2 cakes yeast  
 1 c. margarine or butter  
 7 c. all-purpose flour

1 c. sugar  
 1 tsp. salt  
 3 egg yolks, well beaten  
 1/2 pt. dairy sour cream  
 Additional milk

## NUT FILLING:

4 c. ground walnuts  
 1/4 c. butter, melted  
 1/2 c. milk

1/2 c. honey  
 3 egg whites  
 Juice of 1/2 lemon

Scald milk; cool to lukewarm. Crumble in yeast; let stand until bubbly. Cut butter into flour as for pie dough. Add sugar, salt, egg yolks, sour cream and yeast mixture to flour. Mix until smooth and elastic. Wrap first in plastic wrap, then in foil. Refrigerate overnight. Make filling by combining and mixing all filling ingredients in a saucepan. Cook and stir over low heat until mixture thickens. Cover well and refrigerate overnight. Cut dough into 6 equal parts. Take one part and roll out to 1/4 inch thickness on floured board. Spread with filling. Roll up like jelly roll. Repeat with other 5 parts of dough and filling. Place on greased baking sheets, seam side down. Cover and let rise 2 hours. Brush with additional milk. Bake at 350 degrees F. for 30-35 minutes.

(NOTE: To freeze, bake rolls and cool completely. Then wrap each one tightly in foil.) Number of Servings: 6 Kolach rolls.

SWEET NOODLES BAKE-KUGEL

Yael Efron

1/4 lb. wide noodles,  
 preferably whole wheat  
 noodles  
 1/3 c. honey  
 1/2 c. raisins  
 1 c. walnuts

3 eggs  
 1 c. cottage cheese,  
 creamed  
 1/2 c. semi-sweet  
 chocolate chips

(CONT'D)



## Sweet Noodles Bake - Kugel (Cont'd)

Cook noodles according to package directions. Drain. Add remaining ingredients. Oil a baking pan and dust with bread crumbs or wheat germ. Pour in noodle mixture. Bake at 350 degrees for 50-60 minutes or until browned. Number of Servings: 6-8.

BUNVELOS

Carolyn L. Vesa

## 1st step:

1 c. warm water  
1 tbsp. yeast

1 tsp. sugar

## 2nd step:

2 tsp. sugar  
1/2 tsp. salt  
3 eggs

2 tbsp. shortening  
Flour as needed

Mix all the ingredients from the first step in a cup for 30 minutes. Then mix all ingredients in step 2 and add the cup from step one. Let stand in a warm place for one or two hours, then warm some oil in a frying pan. Start taking small amounts of the batter and place in the frying pan and make a hole in the middle while frying. When all the batter has been fried (they should look almost like donuts). Place 2 cups of sugar in a clean pan on medium flame until it starts turning liquid, add 1/2 cup of water very slowly and when done pour over the bunvellos. Number of Servings: Approximately 30 bonvellos.

PEACH DESSERT

Shelia Collisno

1 (29 oz.) can sliced  
peaches

1 box butter brickle cake  
mix

1 stick margarine

Empty peaches including juice into 9x13" pan. Sprinkle cake mix on top. Then on top of cake mix, place very thin slices of margarine. Put in 350 degree oven and bake until done (approximately 50 minutes). Number of Servings: 16.



RHUBARB COBBLER

Shelley Ackermann

3 c. rhubarb  
 1 c. sugar  
 1 c. melted shortening  
 1 c. brown sugar  
 1 c. flour

1 beaten egg  
 1/2 tsp. baking powder  
 1/4 tsp. salt  
 1/2 c. milk

Mix rhubarb and sugar in a casserole. Mix shortening, brown sugar, flour, egg, baking powder, salt and milk; put on top of rhubarb mixture. Bake at 375 degrees for 1 hour.

FRUIT WITH DUMPLINGS

Dee Knop

1 (8 oz.) can fruit cocktail  
 1 tbsp. sugar  
 1 tsp. butter or margarine  
 1 tsp. lemon juice  
 1/2 c. sifted flour

2 tbsp. sugar  
 1 tsp. baking powder  
 1/4 tsp. salt  
 1/4 c. milk  
 1 tsp. salad oil  
 Cinnamon or nutmeg

Combine first 4 ingredients in saucepan. Bring to boil. In small bowl, sift together dry ingredients. Stir in milk and oil. Drop in 2 portions onto boiling hot fruit. Sprinkle lightly with cinnamon or nutmeg. Cover, cook over medium heat for 10 to 12 minutes. Very tasty. Number of Servings: 2.

BUSTER BAR DESSERT

Lucille Moen

Regular-size pkg. Oreo  
 cookies, crushed  
 1/2 c. margarine, melted  
 1/2 gal. vanilla ice cream,  
 softened

1 lb. salted Spanish  
 peanuts  
 2 c. powdered sugar  
 2/3 c. chocolate chips  
 1/2 c. margarine  
 1 lg. can evaporated milk

Combine crushed cookies with 1/2 cup melted margarine and place in bottom of 9-by-13 inch baking dish. Carefully spoon softened ice cream over crumb mixture. Sprinkle with peanuts. Place in freezer while you prepare topping: Combine remaining ingredients in saucepan and heat until chips melt. Bring to boil and simmer 10 minutes. Let cool thoroughly. Pour over dessert and freeze until firm. Before serving, allow to soften slightly 10 minutes in refrigerator. Number of Servings: 15-20.



OREO SUNDAES

Shelia Collison

24 Oreo cookies, crushed  
 1 stick margarine  
 1/2 gal. vanilla ice cream,  
 softened

1 can Hershey Hot Fudge  
 Topping  
 1 lg. bowl Cool Whip  
 Nuts for garnish

Melt margarine and mix with crushed Oreo's. Press into 9x13" pan for crust. Spread ice cream over top, followed by hot fudge topping. (Tip: See Hershey can for directions on easy spreading.) Put in freeze until firm. Spread on Cool Whip. Top with nuts. Freeze until ready to serve. (Tip: Remove about 10 minutes ahead of time for easier cutting.) Number of Servings: 16.

CHOCOLATE ICE CREAM

Marji Datwyler

2 1/2 c. sugar  
 2 rounded tbsp. cocoa  
 2 rounded tbsp. flour  
 Pinch of salt

4 whole eggs (beaten)  
 1 tbsp. vanilla  
 3 c. cream  
 Whole milk

Cook sugar, flour, cocoa and salt with 1 quart of milk. Add beaten eggs. Cook until thick. If lumps appear, thin with milk and run through sieve. Add cream and vanilla. Add whole milk till freezer is 3/4 full. (Custard is thinner than chocolate pudding.) Number of Servings: Makes 1 gallon.

HOME MADE ICE CREAM

Aj Kunde Frost

5 eggs  
 2 (13 oz.) cans evaporated  
 milk (or 1 pt. half and  
 half)

2 c. sugar  
 3 c. whole milk  
 1 tbsp. vanilla

Beat eggs. In separate bowl, combine rest of ingredients - then add eggs. Pour in can and use. Only fill can 2/3 full. Number of Servings: 12 approx.



MERINGUE SHELLS

Charma Vander Wert

3 egg whites (room  
temperature)

3/4 c. sugar

3/4 tsp. vanilla

1/8 tsp. cream of tartar

Beat egg whites and vanilla till frothy. Add cream of tartar -- continue beating until stiff. Add sugar 2 tbsp. at a time. Spoon into mounds on lightly greased cookie sheet, making an indentation in center. Bake at 275 degrees for 45 minutes and 250 degrees for 15 minutes. Fill with fruit or ice cream. Number of Servings: Makes 8 to 10.

RHUBARB CUSTARD PIE

Viola Herzog (Grandma)

2 eggs, well beaten

1/2 c. cream

1 c. sugar

2 c. rhubarb, finely  
diced

1 tbsp. flour

Mix above well (can be put in blender). Add 2 cups finely diced rhubarb. Pour into unbaked pie shell. Dot with butter. Put pie crust on top. Bake at 400 degrees for 40 minutes or until golden brown.

MILLION DOLLAR PIE

Susan Barnum

Bottom Layer:

2 eggs

12 oz. cream cheese

1/2 c. sugar

8 or 9" cookie or graham  
cracker crust

2 tsp. vanilla

Top Layer:

1 c. sour cream

6 tbsp. sugar

1 tsp. vanilla

Bottom Layer: Beat ingredients until smooth and put in pie crust. Bake at 350 degrees until knife comes out clean, 40 minutes. Cool 10 minutes.

Top Layer: Beat ingredients well and spread over cooked bottom layer. Bake at 350 degrees for 10 minutes. Cool and keep refrigerated.



COFFEE PIE

Donna Elvebak

30 marshmallows (large)      1 c. whipping cream  
 1 c. very strong black coffee    1/2 c. chopped pecans  
 1 tbsp. butter                      (or walnuts)

1. Cut marshmallows in quarters (or use about 1/2 pound miniature marshmallows).
2. Add butter to hot coffee and fold in quartered marshmallows. If necessary, put over low heat and stir until marshmallows dissolve.
3. Let cool until quite stiff, then fold in the cream, whipped.
4. Pile mixture into baked pie shell and sprinkle nuts over the top. Refrigerate. Number of Servings: 6 to 8.

FROST-ON-THE PUMPKIN PIE

Ruth Berres

## CRUST:

1 1/4 c. graham cracker      1/4 tsp. nutmeg  
       crumbs                      1/8 tsp. cloves  
 3 tbsp. sugar                  1/3 c. melted butter/  
 1/2 tsp. cinnamon              margarine

## FILLING:

1 can sour cream              1 tsp. cinnamon  
 1 c. sour cream                1/2 tsp. ginger  
 1 c. pumpkin

## VANILLA FROSTING:

1/4 tsp. cloves                  1 (8 oz.) carton whipped  
   topping (3 1/2 c.)

Heat oven 350 degrees. In small bowl combine all crust ingredients and stir till blended. Reserve 2 tbsp. crumbs for topping. Press remaining crumbs over bottom and up sides of 9-10 inch pie pan. Bake at 350 degrees for 6 minutes. Cool. In large bowl combine all filling ingredients except the whipped topping. Beat for 2 minutes at medium speed. Fold in 1 cup whip topping. Pour into cooled pie crust. Spread remaining whipped topping over filling; sprinkle reserve crumbs over filling. Chill 4 hours.



AUNT HELEN'S PUMPKIN PIE

Evelyn Turner

1 1/2 c. flour  
 1/4 c. butter  
 1/2 tsp. salt  
 2 tbsp. water, plus more  
 if needed  
 1 c. pumpkin

2 egg yolks  
 2 tbsp. flour  
 1 c. sugar  
 1 c. milk  
 2 egg whites  
 1 tsp. cinnamon  
 1 c. coconut

Place 1 1/2 cups flour, salt in a bowl. Cut in butter with a fork until mixture is crumbly. Stir in water until a dough forms. Roll out dough on floured board, place in pie pan, trim edges. Mix in a bowl, pumpkin, yolks. Add 2 tbsp. flour, sugar, milk. Whip egg whites till foamy, add. Add cinnamon, coconut. Pour into pie shell. Bake at 350 degrees 1 hour, or until brown. Number of Servings: 8.

PEANUT BUTTER PIE

Nancy Southorn

(Makes 2 pies)

## CRUST:

1 pkg. Hydrox cookies (rolled/mashed with rolling pin)  
 mixed with 1 stick melted butter.

## FILLING:

3 qts. softened French vanilla ice cream      2/3 lg. jar peanut butter

Pour filling 1 1/2 - 2" thick in shells. Freezes well. Number of Servings: 2 pies.

FRENCH SILK CHOCOLATE PIE

Cyndy Roggemann

## GRAHAM CRACKER CRUST:

12 graham crackers  
 1/3 c. sugar

1/3 c. melted butter  
 or margarine

## CHOCOLATE FILLING:

1/2 c. butter or margarine  
 3/4 c. sugar  
 1 1/2 sq. unsweetened  
 chocolate, melted

1 tsp. vanilla  
 2 eggs

(CONT'D)



## French Silk Chocolate Pie (Cont'd)

Make Crust: Crush 12 graham crackers; add sugar and butter (use 1/2 cup melted butter if you want a more moist crust). Press firmly into greased pie pan. Chill 15-45 minutes before pouring in filling.

Make Chocolate Filling: Cream butter; add sugar gradually. Cream well. Blend in melted chocolate and vanilla. Beat in eggs, one at a time. (Beat each egg for 5 minutes at medium speed scraping bowl and beaters often.) Turn into pie shell and chill several hours. Pie is very rich so cut into small pieces.

PEPPERMINT CHIFFON PIE

Reinee Hildebrandt

1 1/4 c. chocolate cookie  
crumbs and 7 tsp. butter  
1 tbsp. plain Knox gelatin  
1/4 c. cold water  
3 eggs

1/2 c. sugar  
1 c. whipping cream  
1/4 tsp. mint flavoring  
4 tbsp. chopped almonds  
(optional)  
1/2 c. crushed peppermint  
candy

1. Melt butter and work into crushed crumbs. Put this into a 9" shell pan (pie) and place in refrigerator to chill.
2. Soften the gelatin in cold water, dissolve over hot water.
3. Beat egg whites until stiff and dry.
4. Fold in sugar gradually.
5. Add dissolved gelatin, crushed candy to egg whites.
6. Fold in whipped cream.
7. Pour into crust and chill for 1 hour.



FRESH PEACH TARTE

Eva Graybosch

Baked pie shell  
 1 c. milk  
 1/2 c. sugar  
 1/4 c. flour  
 3 egg yolks  
 1 tbsp. unsalted butter

3 tbsp. finely ground  
 toasted almonds  
 4 c. water  
 1/4 c. lemon juice  
 4 med. size peaches-ripe  
 2/3 c. peach jam

Combine milk, sugar, flour and egg yolks in blender and mix well. Transfer to small saucepan. Cook over low heat until custard thickens (about 3 minutes). Remove and stir in butter. Mix in almonds, blending well. Cover with plastic and refrigerate. Combine water and lemon juice in large bowl and set aside. Combine peaches in large saucepan with enough water to cover brim to boil over high heat. Let boil 20-30 seconds. Remove and plunge into ice water. Drain, peel, cut in half, slice - put in lemon water. Puree jam with a little water for glaze. Spoon creme into shell, arrange peaches, glaze-refrigerate. Serve at room temperature.

SWEET POTATO BALLYoko Arihara  
Junko Sawada

3 lg. sweet potatoes  
 2 tbsp. butter  
 1 1/2 c. sugar

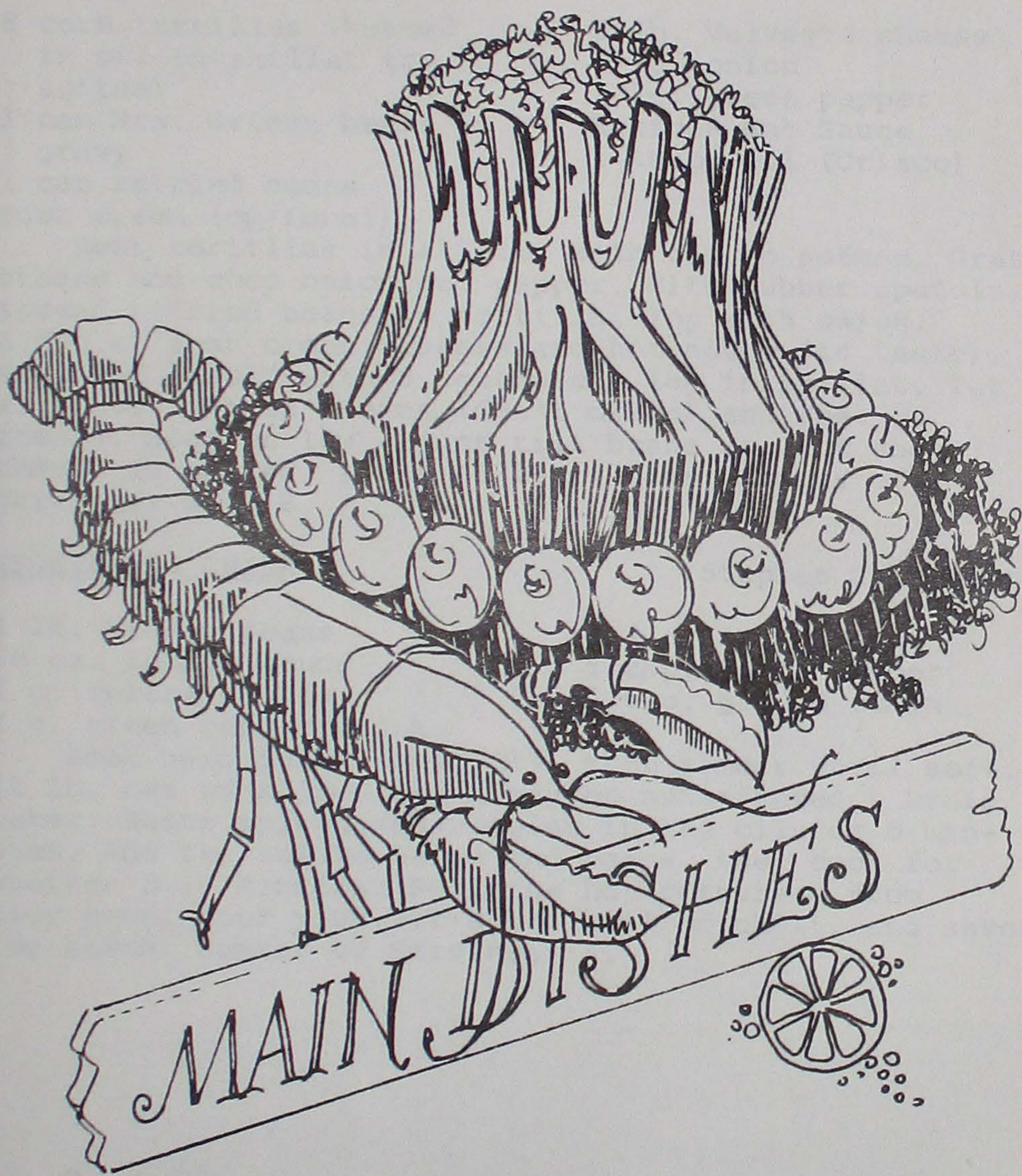
2 egg yolks  
 Grated Parmesan cheese

Peel and cut potatoes in 1.5 inches. Add enough water to cover the potatoes and boil until soft. Drain off water, mash potatoes through a sieve. Add butter, sugar and egg yolks; mix well. Cook stirring constantly for 10 minutes. Make into golf size balls, put in the paper baking cups. Sprinkle with Parmesan cheese on top of the cake. Bake at 350 degrees F. for 30 minutes. Number of Servings: 8 balls.

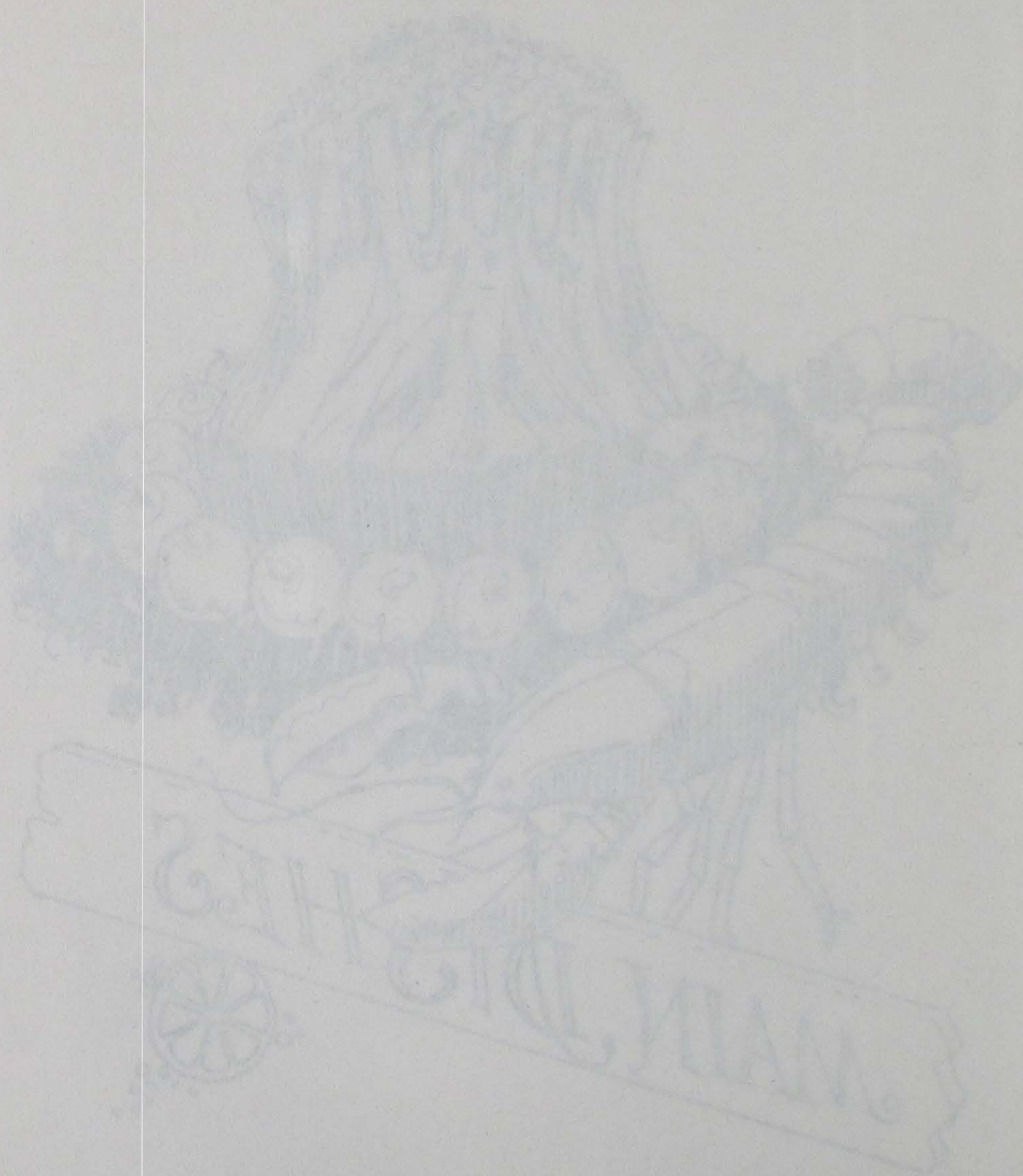














MEXICAN SKILLET DINNER

Ann Kool

8 corn tortillas (heated  
in oil in skillet to  
soften)  
1 can Mrs. Grimes beans in  
gravy  
1 can refried beans  
Sour cream (optional)

1 lb. Velveeta cheese  
1 lg. onion  
1 lg. green pepper  
Mexican Hot Sauce  
1 tbsp. oil (Crisco)

Heat tortillas in skillet with oil to soften. Grate cheese and chop onion and pepper. With rubber spatula, spread refried beans on tortilla. Top with onion, a dab of sour cream, cheese and hot sauce (to taste). Wrap and "seal" with a toothpick; lay in skillet. Top with Mrs. Grimes' Beans (don't drain) and rest of cheese. Heat on low - just till beans are hot and cheese is melted, about 15-20 minutes. Number of Servings: 6 to 8.

VEGETARIAN CHILE

Stephen Carpenter

1 lb. kidney beans  
28 oz. tomato sauce  
1 c. celery chunks  
1 c. green pepper chunks

1/4 c. oil  
5 tsp. chili powder  
5 tsp. ground cumin

Soak hard beans overnight, then simmer until soft. (1 lb. can of kidney beans may be substituted.) Drain water. Saute spices and veggies in the oil for 5 minutes. Add the tomato sauce and beans, then cook for another 5-10 minutes. Pull the hot cornbread from your oven, pour yourself a hot bowl of chili, and savor the taste! Number of Servings: 4.



MEATLESS STUFFED ZUCCHINI

Robert Barron

3 med. zucchini (about 8 oz. each)	4 oz. pkg. mozzarella cheese (shredded)
1 sm. onion, diced	Salt
About 3 tbsp. butter (to saute ingredients)	1/4 c. water
1/4 tsp. oregano leaves	1 tsp. sugar
1/4 tsp. pepper	1 (4 oz.) can mushroom pieces (chopped)
1 (15 oz.) can tomato sauce	1 c. quick barley (Quaker) (uncooked)

Cut each zucchini in half lengthwise, scoop out center leaving a 1/4" thick shell. Dice scooped out zucchini. Set shells aside. Prepare barley (boiled) according to package directions - drain. In a 12" skillet, saute mushroom pieces and onion until onion is soft. Then add chopped zucchini and well-drained barley. Stir in oregano, pepper, 1/2 of tomato sauce, 1/2 of cheese, and 3/4 tsp. salt. Remove from heat. Into each zucchini shell, spoon some of the barley-zucchini-sauce mixture; set aside. (Extra filling is good as a side dish.) In the same 12" skillet (after removing extra filling), combine water, sugar, remaining tomato sauce and 1/4 tsp. salt. Arrange the filled pieces in the skillet and bring to a boil. Lower the heat and simmer until the zucchini is tender (about 10 minutes). Sprinkle the remaining cheese over stuffed zucchini. Cover and cook until the cheese is melted. Number of Servings: 3-6.

NUT LOAF

Stephen Carpenter

1 3/4 c. stuffing cubes (seasoned)	1/2 tsp. salt
1 c. almonds	1 tsp. marjoram
1 c. grated Cheddar cheese	1/2 c. chopped onion
3/4 c. milk	2 tbsp. minced parsley
	2 eggs

Combine all ingredients together and mix in a blender at medium speed until all ingredients are thoroughly mixed and finely chopped. Put mixture in a greased loaf pan and bake at 350 degrees for 3/4 - 1 hour. In addition a can of heated celery soup makes a good sauce to pour over the loaf at serving time.



BUL-GO-GI (Korean Broiled Beef)

Myung Chung

1 lb. boneless beef  
 2 tbsp. sugar  
 2 1/2 tbsp. soy sauce  
 1/4 tsp. black pepper

1 tsp. minced garlic (opt.)  
 2 tbsp. sesame seed (opt.)  
 2 tbsp. chopped green  
           onion  
 1 tbsp. sesame oil

Have beef very thinly sliced to about 1/16". Mix well with sugar and let stand for 10-20 minutes. Separately mix soy sauce, black pepper, garlic, sesame seed, and green onion. Add to beef; mix well. Marinate at least 30-60 minutes, or preferably overnight. Add sesame oil and mix thoroughly. Arrange marinated beef on aluminum foil on broiling pan. Broil at 350 degrees F. -400 degrees F. until done, about 20-30 minutes.

(NOTE: Bul-go-gi is best barbecued over outdoor grill.)  
 Number of Servings: 2.

SATE MANIS WITH NAOI KUNING

Din Prijotomo

(Indonesian Spiced Shishebab With Yellow Rice)

## SATE MANIS:

1/2 lb. sirloin steak  
 1/2 tsp. ground coriander  
 1/4 tsp. garlic powder  
 1 tbsp. brown sugar  
 2 tbsp. soy sauce

1/2 tbsp. lemon juice  
 Salt to taste  
 Pepper to taste  
 16 skewers (or bamboo  
           sticks)

## NAOI KUNING:

3 c. coconut milk (1 c.  
   from 1st extraction,  
   2 c. from 2nd extraction  
   or purchase from Oriental  
   store)

1/4 tsp. ground turmeric  
 2 bay leaves  
 2 c. uncooked long grain  
       rice

Sate Manis: Cut meat into 3/4 inch cubes. Mix with rest of ingredients. Marinate for 1 hour. Thread 5-6 pieces of meat on skewer. Broil over charcoal until done, turning frequently. Serve hot, accompanied with yellow rice.

Naoi Kuning: Bring coconut milk with seasonings to boil. Add rice; turn heat to low and cover tightly. Cook about 5 minutes. Turn off heat and leave for about 10 minutes. Put rice in steamer until cooked (about 30

(CONT'D)



## Sate Manis With Naoi Kuning (Cont'd)

minutes). Garnish rice with sliced egg omlet, sliced cucumber and celery leaves. Number of Servings: 4.

IRANIAN GORMEH SABSI

Laura Carrier

1 lb. stewing beef  
1 tsp. salt  
1/2 tsp. pepper  
1/2 tsp. turmeric  
1 bunch green onions,  
chopped

6 c. water for cooking  
1 clove garlic, chopped  
or smashed  
2 bunches parsley, chopped  
3/4 c. black-eyed peas  
2 tbsp. lemon juice

Brown beef, add turmeric, salt, pepper and half of the green onions. Cook with 6 cups water for 1/2 hour in a pressure cooker. Add garlic, parsley, onions and black eyed peas. Cook again without pressure over medium heat until water is almost all absorbed. Just before serving add lemon juice. Serve with rice. Number of Servings: 6.

SALTADO

Carolyn L. Vera

1 c. rice + water for  
cooking  
1 medium onion  
1 lg. tomato  
2 medium potatoes

A small rump roast  
Oil for frying  
Salt and pepper to taste  
1 to 2 tsp. vinegar

Prepare rice with salt and pepper to taste. Set aside. Julienne the onion, tomato and potato. Cut meat into cubes. Heat oil (small amount) in frying pan. Fry potatoes golden brown. Set aside. In same oil, fry onion. Add meat cubes. When meat is done, add salt and pepper to taste, tomato, and the fried potatoes. Stir and add vinegar. Cover, cook over low heat approximately 15 minutes. Serve with white rice on the side. Number of Servings: 4.



MALAYSIAN BEEF WITH SNOW PEAS

T. M. Cho

12 oz. beef fillet

(a)

1 1/3 tsp. baking soda

3/4 tsp. sugar

1/2 tsp. salt and pepper

1 1/2 c. snow peas (strung)

1/4 tsp. ginger powder

4 inch long scallion

1 1/2 tsp. cornstarch

1 1/2 tsp. soy sauce

2 tsp. water and white  
wine

4 c. frying oil

(b)

1 tsp. cornstarch

1 tbsp. water and sesame  
oil

1. The beef is cut into bite-size slices. Marinate in (a) for <sup>30</sup> minutes, then add 2 tbsp. oil and mix well.

2. Heat oil and deep fry beef for 1 minute. Pound scallion lightly.

3. Leave 2 tbsp. oil in pan. Fry scallion and add (b) mixture together with ginger powder. Cook until thick. Remove scallion and add beef, mix well for 1 minute.

Remove to hot serving plate. Heat another 2 tbsp. of oil and cook snowpeas with 1/2 tsp. of salt for 2 minutes. Then, pour around the beef on the plate.

Number of Servings: 4-6.

THAI BARBECUED SLICED BEEF

Nukoon Lupkes

2 lbs. roast beef meat,  
sliced thin

3 tbsp. soy sauce

1 tbsp. ginger root juice

1 tbsp. light brown sugar

1 tbsp. chopped green  
onion

1 tbsp. vegetable oil

1 tbsp. whiskey (opt.)

Garnish with lettuce,  
green onions, tomatoes,  
pineapple, etc. as  
desired

In a large bowl combine the thinly sliced beef, ginger juice, light brown sugar, soy sauce, whiskey and oil. Sprinkle with green onions. Marinate for 2 hours. Arrange a serving plate with the vegetable garnishes. Charcoal broil the meat 1 minute on each side (or until pinkness is gone). Place on serving

(CONT'D)



## Thai Barbecued Sliced Beef (Cont'd)

plate. Serve warm. Number of Servings: 6-8.

NOTE: To extract juice from ginger root. Pound in mortar, add a small amount of water and squeeze.

TACOS DE LENGUA  
(Beef Tongue Tacos)

Teresa Lopez

1 beef tongue	tortillas
1 onion	2 bay leaves
Salt to taste	1 onion
2 tsp. vinegar	1 bunch fresh coriander
3 whole pepper cloves	1 lemon
2 cloves garlic	2 tomatoes
1 whole clove	2 hot peppers

Cook the beef tongue, 1 onion, salt, vinegar, whole pepper cloves, garlic, clove and bay leaves in 2 or 3 quarts of water for 2 1/2 to 3 hours. When the beef tongue is cooked, peel it and slice it very thin. For the tacos: Mince the onion, slice the lemon, mince the coriander. The tomatoes and hot peppers are roasted. Once they're roasted peel them and make a sauce by chopping them up. On warm tortillas put some beef tongue, chopped onion, squeeze some lemon on, coriander and chile sauce. Serve. Number of Servings: 4-6.

COSTA RICAN TONGUE WITH MUSHROOMS AND WINE--Ana de Salazar

1 tongue (any size)	1 can cream of mushroom soup
Salt, garlic, onion, bay leaf	2 c. wine (cooking wine may be used)
Oil	
1 kilogram mushrooms, sauteed in butter - or 2 cans	

Boil the tongue with salt to taste, garlic, onion, 4 bay leaves, a bit of oil and enough water to cover. Boil for about 3 hours or in a pressure cooker for 45 minutes. Add boiling water as it evaporates (cold water toughens the meat). Remove tongue from broth, cool, peel and slice diagonally. Set aside. Strain the broth, and add to it 1/2 an onion chopped fine, 2 ounces butter, mushrooms (if using canned, add the juice, too), cream

(CONT'D)



## Tongue With Mushrooms and Wine (Cont'd)

of mushroom soup and sliced tongue. Cook over low heat until sauce thickens. Add wine little by little, adding the last bit just before serving. Number of Servings: Approximately six - depending on size of tongue.

THAI CHILI BEEF

Nukoon Lupkes

3 c. cooked rice  
 1/2 c. young baby corn  
 1/2 c. chopped bell pepper  
 1 tbsp. chopped hot pepper  
 1/2 c. mushrooms  
 1 medium onion (sliced)  
 1 tbsp fish sauce  
 1 c. sliced beef (round steak)

1 tbsp. soy sauce  
 2 tbsp. oyster sauce  
 1 tbsp. flour  
 1 tbsp. brown sugar  
 1 slice ginger (pounded)  
 1/2 tsp. garlic powder  
 Dash monosodium glutamate (MSG)  
 1/2 c. water or beef broth  
 1/2 c. vegetable oil

Chop all the vegetables, wash and drain. Slice beef with a sharp knife into thin slices (2 inches by 1 inch). Combine meat, pounded ginger, brown sugar, MSG, soy sauce, garlic powder and flour. Marinate for 1 hour. Press the rice into a wet mold. Remove to serving plate. Heat the oil in wok or saucepan over medium high heat and brown the beef for 2 minutes. Add the chopped vegetables, stir fry for 2 minutes. Add the water or beef broth. Cover and simmer for 3 minutes. Add fish sauce and oyster sauce tossing lightly, and spoon over the rice. Makes 2 servings.

COUNTRY STEAK

Julie Gaulke

1 lb. round steak  
 1 tbsp. shortening  
 1 can soup (cream of celery or cream of mushroom)

1/2 c. water  
 1/2 tsp. Worcestershire sauce

Pound steak. Cut in serving size pieces. Flour steak then brown both sides in shortening in oven-going skillet. Pour off extra fat. Add remaining ingredients. May add onion, garlic or mushrooms, if desired. (May also need more water if it dries too much during baking.) Bake at 350 degrees F. for 1 hour. Number of Servings: 3-4.



SUKIYAKI

Naomi Shimagaki

1 lb. beef tenderloin,  
sliced thin like paper  
2 c. green onion, bias-  
sliced  
1 c. mushrooms  
2 carrots, bias-sliced  
thinly  
1 onion, sliced

1/2 head Chinese cabbage,  
1" width cut  
1 Chotofu (bean curd), cut  
into 6-8 cubes  
2 tbsp. salad oil  
1 cube beef bouillon  
and 1 c. water  
2 tbsp. sugar  
1/3 c. soy sauce

1. Preheat electric skillet or wok; pour oil.
2. Add beef; cook quickly, turning meat over and over 1 to 2 minutes, or until browned.
3. Sprinkle with sugar over meat, and pour soy sauce and then beef stock over meat. Let soy mixture bubble.
4. Push meat to one side. Keeping in separate groups, add vegetables except green onion.
5. Continue cooking on high heat about 1 to 2 minutes.
6. Keeping in separate groups, add remaining ingredients such as Tofu and green onion.
7. Cook and stir each food just till hot.

Number of Servings: 4-5 persons.

Hint: Other ingredients such as 2 cups bean sprouts, drained, 1 cup celery, bias-sliced are recommended.

GOULASH

Julianne Smith

1 lb. beef, top round  
or chuck  
1 tbsp. butter or margarine  
1/2 onion, chopped  
2 tbsp. paprika

1 (8 oz.) can tomato sauce  
1 1/2 tsp. salt  
1/2 tsp. ground pepper  
2 tbsp. sour cream

Trim fat from beef and cut into cubes. Melt butter in heavy saucepan or skillet. Add onions and cook over low heat until soft and golden. Sprinkle with the paprika. Add beef cubes and brown on all sides. Mix in tomato sauce, salt and pepper, cover and cook over low heat until meat is tender. Water may be added if necessary. Carefully stir in sour cream. Serve immediately. Number of Servings: 2-3.



NEW ENGLAND BOILED DINNER

Melinda Cote

3-5 lb. corned beef brisket  
 1 clove garlic  
 2 whole cloves  
 10 whole black peppers  
 2 bay leaves

8 carrots, pared and sliced  
 8 potatoes, pared and sliced  
 1 lg. onion, sliced  
 1 medium head cabbage, cut into 8 wedges

Place corned beef in a large kettle. Add garlic, cloves, peppers and bay leaves. Cover with cold water and bring to a boil. Simmer 5 minutes. Skim the surface then simmer 4-5 hours until meat is tender. Add onions, carrots, potatoes and cabbage during last 25 minutes and cook until tender. If crockpot is used - add all ingredients (except cabbage) at beginning. Cover with cold water. Cook on low 10-12 hours. Add cabbage during last 30 minutes of cooking. Number of Servings: 8.

OVEN BARBECUE BEEF

Eva Graybosch

5 lb. boneless chuck roast  
 1 can (16 oz.) whole, peeled tomatoes  
 1 lg. chopped onion  
 1 c. chopped celery  
 1 tbsp. hot salsa

1 sm. can chopped green chilies  
 1 tsp. ground pepper  
 3/4 tsp. garlic salt  
 1/2 tsp. salt

Combine all ingredients and let stand in refrigerator overnight. Next day, cook, covered in 275 degree oven for 12 hours. Remove from oven and shred with fork. (Good served on hot onion rolls.)

POT ROAST PROVENCALE

Nancy Michaelson

3 lb. bottom round of beef or moose  
 1/4 c. butter  
 3 carrots  
 4 stalks celery  
 1/2 c. chopped onion  
 1 clove garlic, mashed  
 2 tsp. salt

6 oz. chopped, broiled mushrooms  
 1 (10 1/2 oz.) can consomme  
 1 c. sour cream  
 1/2 c. dry red wine  
 1/4 c. flour  
 1/8 tsp. pepper  
 1/2 tsp. paprika

Brown beef in butter. Chop carrots and celery; add to beef with onion and garlic. Cook until onion is golden. (CONT'D)



## Pot Roast Provencale (Cont'd)

Add mushrooms. Combine 1/2 of consomme with sour cream, wine, salt, pepper and paprika. Add to beef. Cover and simmer 2 hours or until tender. Remove beef. Stir flour into remaining consomme and add to pan liquid. Cook until mixture boils and thickens. Serve gravy over sliced beef. NOTE: Great with moose. Number of Servings: 6-8.

ROUND STEAK ON RICE

Sarah Webb

1 lb. round steak, cut in	2 c. beef bouillon
1/2" thick strips	2 tbsp. cornstarch
1 1/2 tbsp. drippings	1 tbsp. soy sauce
(or cooking oil)	2 tbsp. water

Cut meat into strips. Brown meat in drippings in heavy skillet. Add bouillon. Cover pan tightly and cook slowly about 30 minutes. Blend cornstarch, soy sauce and water. Stir into meat and cook, stirring constantly, until thick. Serve over rice. Number of Servings: 4.

SAUERBRATEN

Sue Beinecke

3 - 3 1/2 lb. heel of round	5 whole cloves
rump or sirloin tip roast	2 bay leaves
1 c. red wine vinegar	1 tbsp. (3 tsp.) salt
1 1/2 c. water	4 peppercorns or 1/4 tsp.
1 onion, sliced	pepper
2 tbsp. brown sugar	2 tbsp. oil or shortening
1 stalk celery, sliced	6 gingersnaps

Place meat in a glass bowl. Add remaining ingredients except oil, brown sugar and ginger snaps. Cover and marinate in refrigerator 24 to 48 hours, turning meat several times to season evenly. Remove meat from marinade; drain well. In Dutch oven, brown meat in hot oil on all sides. Add 1 1/2 cups of strained marinade. Cover and simmer 2 1/2 to 3 hours until tender. Remove meat to heated platter. Spoon fat off of juices. Add brown sugar and gingersnaps to juices. Cook, stirring constantly, until mixture comes to a boil. If necessary,

(CONT'D)



Sauerbraten (Cont'd)

thin with water or remaining marinade. Pour over meat. Serve with potato pancakes, potato dumplings or boiled potatoes. Number of Servings: 6 to 8.

HOT DOG SURPRISES

Dan Claussen

2 c. chopped weiners  
1/3 c. grated cheese  
2 hard boiled eggs,  
chopped  
3 tbsp. chili sauce

2 tbsp. pickle relish  
1 tsp. mustard  
1/2 to 3/4 tsp. garlic salt  
8 coney buns

Combine all ingredients except buns. Hollow out buns. Fill with mixture. Wrap in foil. Seal securely. Place on baking sheet or directly on wires in oven. Cook at 375 degrees for 10-12 minutes. Number of Servings: 8.

BAR-B-BURGERS

Kim Herzog

1 lb. hamburger  
1 can chicken gumbo soup  
1 pkg. hamburger buns

2 tsp. yellow mustard  
Slices of cheese  
3 tbsp. ketchup

Brown hamburger in skillet. Drain off grease. Add soup, ketchup and mustard. Simmer 15 minutes. Serve on buns with or without cheese topping. Number of Servings: 4.

PIZZA BURGERS

Terry Handlen

1 (12 oz.) can Spam or  
equivalent  
1 medium onion  
1 (10 1/2 oz.) can chili  
without beans

Garlic salt  
1 tsp. oregano  
Hamburger buns  
Sliced mozzarella cheese

Grind Spam and onion. Stir in remaining ingredients except cheese. Spread on bun halves and criss-cross top with cheese. Bake at 375 degrees on cookie sheet until cheese melts. Refrigerate unused portion. Number of Servings: 8-12.



PIZZA BURGER MIX

Nancy Carper

2 lbs. ground beef (browned)  
 2 tbsp. minced onion  
 Salt and pepper

1/2 lb. mozzarella cheese,  
 grated  
 1/2 lb. Velveeta cheese,  
 grated  
 1 (15 1/2 oz.) jar Ragu  
 sauce

Mix above ingredients. Put on bun halves and put under broiler for 5 minutes. Freezes Well. Number of Servings: About 24 halves.

SPAGHETTI SAUCE

Dan Broderick

1 lb. ground beef  
 1 c. chopped onion  
 2 cloves garlic, minced  
 1 (30 oz.) can tomatoes,  
 cut  
 1 (16 oz.) can tomatoes,  
 cut  
 1 (6 oz.) can tomato paste

1 tbsp. brown sugar  
 1 tsp. salt  
 1 1/2 tsp. dried oregano  
 crushed  
 1/4 tsp. dried thyme,  
 crushed  
 1 bay leaf

Brown ground beef, drain off fat. Add onion and garlic. Mix the remaining ingredients together and add to ground beef. Bring to a boil over medium heat. Reduce heat and simmer for 1 hour. Better if it simmers for a long time (2-3 hours). Serve over hot cooked spaghetti. Top with Parmesan cheese.

SPAGHETTI-IN-A-PIE

AJ Kunde Frost

## PIE SHELL:

8 oz. spaghetti  
 2 tbsp. margarine

1/3 c. grated Parmesan  
 cheese  
 2 well beaten eggs

## SAUCE:

1 lb. ground beef  
 1/2 c. chopped onion

1 can or jar (15 1/2 oz.)  
 spaghetti sauce

## FILLING:

1 c. cottage cheese

1 c. shredded mozzarella  
 cheese

(CONT'D)



Spaghetti-In-A-Pie (Cont'd)

Cook spaghetti on top of range according to directions; drain. Stir margarine, cheese and eggs into hot spaghetti. Form spaghetti into "crust" in pie shell. Brown ground beef and onions in skillet. Add spaghetti sauce. Simmer 5 minutes. Layer ingredients in pie crust. Bake 30 minutes at 350 degrees F. or until crust is set. Top with cheese and return to oven until melted. Let stand 5 minutes before cutting. Number of Servings: 6.

CASSEROLE ITALIANO

Charma Vander Wert

1 lb. ground beef  
 1/2 c. chopped onion  
 1 tsp. garlic powder  
 1 tsp. oregano  
 1 c. shredded mozzarella  
 cheese

1/2 tsp. salt  
 1 can tomato soup  
 3/4 c. water  
 2 c. cooked wide noodles

Brown ground beef, onion and all seasonings. Grease baking dish and line with cheese. Mix all ingredients together and put in dish. Bake uncovered at 350 degrees for 30 minutes. Number of Servings: 4-6.

LASAGNE

Mary Beth Finley

1 lb. ground beef  
 1 c. chopped onion  
 8 oz. (2 c.) sliced mushrooms  
 3 cloves garlic, chopped  
 4 c. tomato juice  
 1 (6 oz.) can tomato paste  
 1 tbsp. Worcestershire sauce  
 1 tsp. oregano

1 tsp. parsley flakes  
 1/2 tsp. salt  
 1/8 tsp. pepper  
 1 (8 oz.) pkg. lasagne  
 noodles (uncooked)  
 1 (15-16 oz.) Ricotta  
 or cottage cheese  
 1 1/2 c. grated Parmesan  
 or Romano cheese  
 2 c. (8 oz.) shredded  
 mozzarella

Preheat oven to 350 degrees. In large saucepan brown meat, onions and garlic. Pour off fat. Stir in tomato juice, mushrooms, tomato paste and seasoning. Simmer 30 minutes, stir occasionally. In 13x9" baking dish, layer 1/2 each of uncooked noodles, sauce, Ricotta (or cottage) cheese, grated cheese and mozzarella.

(CONT'D)



Lasagne (Cont'd)

Repeat layering and top with parsley. Cover with aluminum foil and bake 30 minutes. Remove foil and bake 15 minutes more. Let stand about 15 minutes. Number of Servings: 8-10.

TACO SALAD

Dee Neely

1 1/2 lbs. hamburger, drained	1 c. grated cheese
1 can kidney beans, drained	1 pkg. Dorito Chips
1 lg. head lettuce	Sm. bottle taco sauce
1 or 2 tomatoes, cut up	mixed with equal amount
Chopped onions	oil Italian dressing

Brown meat, drain. Break up lettuce, add tomatoes, onions. Just before serving, add rest of ingredients. Number of Servings: 6-8.

ROUND-UP BEAN CASSEROLE

Annette Jensen

1 lb. ground beef	1/2 c. ketchup
1 lb. can kidney beans	1 tsp. dry vinegar
1 lb. can butter beans	1 sm. onion
1 lb. can pork and beans	

Brown ground beef and drain. Mix all ingredients together and place in baking dish. Bake in 300 degree oven for 30 minutes. (May also be cooked in a crockpot.) Number of Servings: 8-10.

WAIKIKI MEATBALLS

Thomas L. Reis

1 1/2 lbs. ground beef	2 tbsp. cornstarch
2/3 c. cracker crumbs	1/2 c. brown sugar (packed)
1/3 c. minced onions	1 can (13 1/2 oz.) pineapple tidbits, drained
1 egg	reserve syrup
1 1/2 tsp ginger	1/3 c. vinegar
1/4 c. milk	1 tbsp. soy sauce
1 tbsp. shortening	1/3 c. chopped green pepper

Mix meat, crumbs, onion, egg, salt, ginger and milk. Shape mixture by rounded tablespoonfuls into balls. Melt shortening in large skillet; brown and cook meatballs. Remove meatballs; keep warm. Pour fat from

(CONT'D)



# Waikiki Meatballs (Cont'd)

skillet. Mix cornstarch and sugar. Stir in reserved pineapple syrup, vinegar and soy sauce until smooth. Pour into skillet; cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Add meatballs, pineapple tidbits and green pepper; heat through. Serve over cooked rice. Number of Servings: 6.

## WAN-JA-JON

Myung Chung

(Korean Pan-Fried Beef Roll)

1/2 lb. ground beef	1 tsp. sesame oil
1 tbsp. soy sauce	1 tsp. black pepper
1/4 tsp. salt	1/2 c. flour
2 tsp. onion (or green onion)	2 eggs, beaten
1 tbsp. sesame seed (opt.)	1/3 c. vegetable oil

Mix completely ground beef, soy sauce, salt, onion, sesame seed, oil, black pepper. Make into small patties 1 1/2" diameter and 1/4" thick. Roll in flour. Then dip in beaten egg. Heat vegetable oil in fry pan. Fry beef rolls on one side until dark brown; turn over and fry on other side until done. Serve with rice and with other dishes. Number of Servings: 2.

## PORCUPINE MEATBALLS

Laura Carrier

1/2 c. rice	1 tbsp. minced onion
1 1/2 lbs. ground beef	1 sm. can tomato soup
1 tsp salt	1/2 c. water
1/2 tsp. pepper	

Wash rice thoroughly. Combine meat, rice, salt, pepper and onion. Shape into meat balls. Heat tomato soup and water in pressure cooker. Drop meatballs into the water. Put cover on cooker and allow steam to vent to release air from cooker. Place indicator weight on vent and cook 10 minutes with stem in cook position. Let stem return to down position. Serve. Number of Servings: 6.



BURRITTO PIE

Joan Hinton

1 pkg. crescent rolls  
 1 lb. hamburger  
 1 pkg. taco seasoning  
 1/2 c. chopped onion

1 lb. can refried beans  
 8 slices cheese - Velveeta  
 or other  
 1 c. Monterey Jack cheese

Press crescent rolls into 9" round cake pan, 1/2" up on sides of pan. Brown hamburger and season with taco seasoning - spread on top of crescent rolls. Stir the onions and refried beans together and put on top the hamburger. Next lay the 8 cheese slices and finally sprinkle the top with Monterey Jack. Bake at 350 degrees for 25 minutes. Let set 5 minutes before cutting.  
 Number of Servings: 6.

PASTEL DE TORTILLA Y CARNE

Noris Chinchilla

(Costa Rican Tortilla and Meat Pie)

15 tortillas (corn)  
 1 (8 oz.) can tomato paste  
 3 tbsp cooking oil  
 1 beef bouillon cube  
 1 doz. green olives  
 1 lb. ground beef

1/4 lb. butter  
 2 tbsp. Parmesan cheese  
 1 garlic clove, minced  
 1 sm. onion, minced  
 1/2 tsp. salt  
 2 c. water

Fry half the onion and the garlic in the oil. Add beef, salt, bouillon cube, and one cup water. Cook covered until the water has evaporated. Remove from heat, add olives. In another pan, fry the rest of the onion in 1 tbsp. oil. Add the tomato paste and the rest of the water. Let boil 3 minutes, remove from heat. Butter a casserole dish and line the bottom and sides with tortillas. Place the meat mixture in the dish, cover with the remaining tortillas. On top of this put the butter and cheese and last of all the tomato sauce. Bake in a 300 degree F. preheated oven for half an hour. Number of Servings: 4 to 6.



ENGLISH SHEPHERD'S PIE

Gillian Smith

1 lb ground beef	1/3 c. milk
2 beef bouillon cubes	1 oz. margarine
1 lg. onion, diced	Salt and pepper
1/2 lb. frozen vegetables	2 oz. margarine
1 1/2 lbs. potatoes	1/2 c. crushed corn flakes

Brown ground beef in skillet; add onions and fry until onions are softened. Add bouillon cubes and 2 cups of water; simmer about 1/2 hour. Add frozen vegetables and seasonings; simmer another 1/2 hour. Thicken with oatmeal and bread crumbs if necessary. Peel and boil potatoes; mash with margarine and milk; season. Put mixture into greased ovenproof dish; top with mashed potatoes. Sprinkle top with corn flakes and dot with margarine. Bake at 400 degrees for 20-30 minutes. Brown top under broiler if necessary. Number of Servings: 4-6.

HAMBURGER ONION PIE

Laura Stierman

1 c. Bisquick	1 tsp. salt
1/3 c. whole milk	2 tbsp. Bisquick
1 lb. ground beef	2 eggs
2 med. onions, diced	1 c. small curd cottage cheese
1/4 tsp. pepper	

Heat oven to 375 degrees. Mix Bisquick (1 cup) and milk well. Knead 10 times on board lightly dusted with Bisquick. Roll dough into a circle to fit a 9" pie pan. Ease into pan. Fork edges. Saute beef and onions until meat has lost color. Add seasonings and Bisquick. Spread in pan. Beat eggs slightly, blend with cottage cheese and pour over meat. Bake 30 minutes. Number of Servings: 6-8.



EGYPTIAN STUFFED CABBAGE OR GRAPE LEAF ROLLS---Hala Yalal

1 jar green grape leaves, or cabbage leaves	1/4 lb. ground beef
1 c. rice	2 tbsp. butter or oil or Crisco
1 sm. onion, chopped	1/4 tsp. salt
1 tbsp. tomato sauce	1/4 tsp. pepper
1 tbsp. parsley, chopped fine	1 1/2 c. water or broth
1 tbsp. dill weed	

Mix all ingredients except leaves and water (broth). Roll the mixture in the leaves. Get a deep pan and put 2 to 3 leaves in the bottom. Set the stuffed leaves on top of these. Add water or broth. Cook covered over low to medium heat. Number of Servings: 4 to 6.

ZUCCHINI BEEF SKILLET

Julie Rosin

1 lb. ground beef	1 tsp. chili powder
1 c. chopped onion	5 c. sliced zucchini
3/4 c. chopped green pepper	2 lg. tomatoes, peeled and chopped
1 clove garlic, minced	1 1/4 c. fresh whole kernel corn
1 1/2 tsp. salt	2 tbsp. chopped pimento
1/4 tsp. pepper	1/4 c. chopped fresh parsley

In 12" skillet, saute ground beef, onion, green pepper and garlic until well browned. Add salt, pepper, chili powder, zucchini, tomatoes, corn, pimento, and parsley. Cover and simmer 10 to 15 minutes or until vegetables are tender. Number of Servings: 6.

ZUCCHINI CASSEROLE

Becky and Dick Shook

Layer:	
Zucchini (1 large)	Onions (1)
Carrots (4)	Browned ground beef (1 lb.)
Celery (3 stalks)	

Sprinkle with garlic salt. Pour 1 (8 oz.) can tomato sauce over all.

Bake 1 hour uncovered 400 degrees. Remove from oven  
(CONT'D)



## Zucchini Casserole (Cont'd)

and top with grated cheese (I like Cheddar best). Return to oven for 2-3 minutes. (To melt cheese.) Number of Servings: 4-6.

KARNI YARIK

Sultan Uz

(Turkish Slashed Eggplant)

6 medium eggplants,  
long and thin  
1/2 c. salad oil  
2 tbsp. butter  
2 medium onions, diced  
1/2 lb. ground beef

2 medium tomatoes, 1 chopped,  
1 cut into 6 slices  
1 green pepper, seeded  
and chopped (opt.)  
2 tbsp. chopped parsley  
Salt and pepper to taste  
1/2 c. water

Preheat oven to 350 degrees F. After the eggplants have been sauteed, cut the stems off the eggplants. Then peel off a half inch wide strip of the back skin lengthwise, leaving the next half inch with the skin on. Repeat until you make a striped effect. Then slash them lengthwise on one side only, starting and ending 1 inch from both ends so that the eggplants can be stuffed. Saute eggplants very lightly on both sides in oil. Place them in a single layer in a baking dish or a shallow saucepan slashed sides up. Add butter to the same pan the eggplants were sauteed in and saute onions lightly. Add meat, cook for 10 minutes, stirring constantly. Add the chopped tomato and green pepper and cook for 5 minutes more. Add parsley, salt and pepper; stir and remove from heat. Stuff slashed eggplants with meat mixture. Place a slice of tomato on top of each eggplant. Add 1/2 cup water. Cover and cook over medium heat for 20 minutes or bake covered for 40 minutes. Serve with cooked rice or egg noodles. Number of Servings: 6.



CHILE RELLENO BAKE

Julia Alesii

1/2 lb. bulk pork sausage  
 1/2 lb. lean ground beef  
 1 lg. onion, chopped  
 1 clove garlic, minced or  
 pressed  
 2 cans (4 oz. each) whole  
 green chiles, drained and  
 seeded

2 c. shredded Cheddar  
 cheese  
 4 eggs  
 3 tbsp. flour  
 1 1/2 c. milk  
 1 tsp. salt

Crumble sausage and beef into frying pan. Cook over medium heat, stirring until browned. Drain off fat. Add onion and garlic and cook until onion is limp. Line 8-inch square baking dish with half the chiles. Top with 1 1/2 cups cheese. Add meat, then top with remaining chiles. Beat eggs and flour together until smooth; add milk, salt and beat well. Pour over meat mixture, and sprinkle with remaining cheese. Bake in 350 degree oven for 45 minutes. Number of Servings: 6.

IRISH CODDLE

Gillian Murphy

1 lb. pork sausages  
 6 lg. thinly sliced onions  
 9 large thinly sliced  
 potatoes

1 bunch parsley stalks,  
 retaining sprigs for  
 garnish  
 6 1/2 c. water  
 6 slices bacon, rolled  
 and tied

Blanch sausages in boiling water for 5 minutes. Remove. Place all ingredients into large pan. Pour on liquid. Reduce or increase quantity as required to cover the ingredients. Boil; skim fat often. Simmer 1 hour, testing to ascertain if ingredients are cooked. Remove parsley stalks and bacon; lift out sausages. Arrange on serving dish. Boil remaining ingredients until thickened slightly. Pour over sausages; sprinkle with parsley. Number of Servings: 4-6.



SAUSAGE BAKE

Sally Dominick

2 1/2 c. herb croutons  
 2 c. grated sharp cheese  
 1 1/2 lbs. link sausage,  
 fried, drained and diced

4 whole beaten eggs  
 2 1/2 c. milk  
 3/4 tsp. mustard

## TOPPING:

1 can mushroom soup  
 1/2 c. milk

Put croutons into bottom of greased 9 1/2" x 13" glass baking dish or large casserole dish. Add cheese, sausage over top of croutons. Mix eggs, milk and mustard and pour over top of croutons, sausage and cheese. Refrigerate overnight. Before baking, mix mushroom soup and milk and pour over all. Bake 1 1/2 hours at 300 degrees F. This makes a nice brunch dish. Number of Servings: 6-8.

SAUSAGE CASSEROLE

Terry Handlen

1 lb. sausage  
 1 sm. box long grain wild  
 rice

1 can mushroom soup  
 1/2 to 1 c. sour cream

Brown sausage, drain. Prepare rice according to box directions. Mix all ingredients and pour into ungreased 1 1/2 - 2 quart casserole. Bake covered at 325 degrees for 30 minutes, then uncover to allow top to brown. Number of Servings: 4-6.

SOUTHERN RED BEANS AND RICE

Donna Ament

1 can (2 lb. 8 oz.) kidney  
 beans

1 lb. smoked sausage,  
 sliced

1 sm. onion, chopped

Salt and pepper

1 (4 oz.) can sliced mushrooms

Garlic powder

Green pepper, chopped (opt.)

Put kidney beans and juice in saucepan. Add about 1 cup of water. Add onions, mushrooms, peppers and seasonings to taste. Slice sausage and add to beans. Bring to a boil; lower heat and simmer about 20-30 minutes until juice cooks down and thickens slightly. Serve over rice. May substitute ham or bacon for sausage. Number of Servings: 8.



SAUSAGE-STUFFED ACORN SQUASH

Nancy Broderick

1 lb. pork sausage meat  
 3 medium acorn squash  
 1/4 c. melted butter or  
 margarine  
 Salt

1 (10 oz.) pkg. frozen  
 mixed vegetables,  
 partially thawed  
 1 c. cubed American  
 cheese (about 1/4 lb.)

Preheat oven to 350 degrees F. In 10-inch skillet over medium-high heat, cook sausage until browned, breaking it apart with fork; drain fat. Cut squashes lengthwise into halves and remove seeds. Place cut side up in roasting pan. Brush inside of squash halves with some butter, sprinkle with salt. In medium bowl, combine sausage, mixed vegetables, cheese and 1/2 tsp. salt; spoon into squash halves and brush mixture with remaining butter. Cover pan tightly with foil or lid and bake 1 1/2 hours or until squash is fork-tender. Number of Servings: 6.

SWEET & SOUR BEANS

Dick Schoenberger

2 1/2 c. dry pinto beans  
 1 medium onion, chopped  
 1 1/2 tsp. salt  
 2 1/2 tbsp. brown sugar  
 3 tbsp. apple cider vinegar  
 2/5 lb. bacon, half-fried,  
 drained

3/8 tsp. cloves  
 Dash each of cinnamon  
 and nutmeg  
 1/2 of a hot pepper  
 2/3 c. raisins  
 12 oz. beer, stout, or  
 ale

Pressure cook the beans until nearly done. Combine them in a large crock with all remaining ingredients; save the beer. Add beer to bring the liquid over the top of the beans. Heat covered in a 350 degree oven till done. Number of Servings: 5 to 7.

IMPOSSIBLE QUICHE

Mrs. Carole Kettwick

3 eggs  
 1/2 c. Bisquick  
 1 1/2 c. milk  
 1/4 tsp. salt  
 Dash pepper

1/2 sm. onion or 1/2 tsp.  
 onion salt  
 1 c. shredded cheese  
 (Swiss or Cheddar)  
 1 c. sm. cubed ham or  
 1 c. fried bacon bits

(CONT'D)



Impossible Quiche (Cont'd)

Put in bowl and whisk. Pour in greased pie pan or quiche pan. Bake 45 minutes at 350 degrees. Let set 3-4 minutes before cutting and serving. Number of Servings: 6.

PORK CHOPS DIANE

Pam Oviatt

6 pork chops	1/4 tsp. pepper
3 tbsp. butter or margarine	1 c. hot beef broth
1/2 - 3/4 c. chopped onion	1 tsp. Worcestershire sauce
1 1/2 tsp. salt	
2 tsp. prepared mustard	1 tsp. cornstarch

Melt 2 tbsp. butter in a skillet and brown chops on both sides. Remove the chops. Heat the remaining tbsp. of butter in the same pan. Add the onions and saute for 3 minutes. Blend in cornstarch, salt, mustard and pepper (this will look pasty). Gradually add the broth and Worcestershire sauce, stir, then add the chops. Baste the chops several times. Cover and cook over low heat until tender (approximately 2 hours).

This can also be prepared in the crockpot. After browning chops, place them in the crockpot and proceed to prepare the sauce. Pour the sauce over the chops and cook on high 3-4 hours or 7-8 hours on low.

Number of Servings: 4.

PORK CHOP APRICOT

Jill Sorden &amp; Steve Sorden

4 pork chops	1/8 tsp. ground cloves
1/2 c. apricot preserves	1/4 tsp. salt
1 tbsp. vinegar	2 tbsp. water
1/4 tsp. ground cinnamon	

Fry pork chop until it's done. Mix spices together and pour sauce over chops. Simmer 10 minutes. Serve over rice. Number of Servings: 4.



TAIWANESE SWEET AND SOUR PORK

Mr. Chun-Hong Ho

## FOR PORK:

1/2 lb. boneless lean pork  
 4 tbsp. cornstarch  
 2 egg yolks  
 2 tbsp. water  
 1 tsp. salt

1/2 tsp. pepper  
 1/4 tsp. Accent flavor  
 enhancer (or MSG)  
 2 c. salad oil for deep  
 frying

## FOR SAUCE:

4 tbsp. ketchup  
 4 tbsp. vinegar  
 4 tbsp. sugar  
 3 tbsp. water  
 1/2 tsp. salt

1 tbsp. lemon juice  
 2 drops red food coloring  
 1 tbsp. cornstarch  
 1 tbsp. water  
 1 tbsp. oil

Cut pork in one-inch cubes. Pat pork with back of cleaver. Mix cornstarch, water, egg yolks, salt, pepper and Accent thoroughly. Dredge pork with cornstarch mixture. Roll battered pork in rest of cornstarch until well coated. Deep fry in oil 6-8 minutes until lightly brown. Remove from oil. Drain. Meanwhile make sauce. Bring to boil, ketchup, vinegar, sugar, 3 tbsp. water, salt, lemon juice, and red food coloring. Dilute cornstarch with water. Add to ketchup sauce. Cook until sauce becomes transparent. Add oil; stir 1 minute. Add pork to sauce; stir to coat. Serve hot on platter rather than in a bowl. Number of Servings: 6.

PHILLIPINO PORK ADOBO

Angelita Talusan

1 c. vinegar  
 1 head garlic, crushed  
 1/2 tsp. black pepper  
 1 bay leaf (opt.)  
 2 tbsp. salt  
 4 tsp. soy sauce

2 1/4 lbs. pork, cut into  
 1" x 2" pieces  
 1-2 slices pork liver,  
 cut into 1" x 2" pieces  
 1 1/2 - 2 c. water  
 Oil

Combine vinegar, garlic, pepper, bay leaf, salt and soy sauce in saucepan. Put in pork and liver. Soak for 30 minutes. Add water and simmer uncovered until tender. Strain sauce and set aside. Chop liver finely. Combine with sauce, set aside. Brown garlic and pork in oil. Return everything to saucepan, cover and simmer until sauce thickens. Number of Servings: 6.



TURKISH SHISH KEBAB

Sultan Uz

2 lb. boned leg of lamb or  
beef, cut into 1 inch  
cubes  
2 tbsp. olive oil  
3 tbsp. lemon juice  
1 lg. onion, grated  
Salt and pepper to taste

1/2 tbsp. thyme leaves  
6 long skewers  
3 medium tomatoes, halved  
2 green peppers, seeded  
and quartered  
8 medium mushrooms, peeled  
6 pearl onions, peeled

Preheat broiler or have charcoal fire ready after the meat has been marinated. Place meat in a bowl. Add olive oil, lemon juice, grated onion, salt, pepper and thyme leaves. Mix well. Cover and refrigerate for 4 to 5 hours for lamb, overnight for beef. Remove from refrigerator 2 hours before cooking. Arrange meat on skewers alternately with tomatoes, peppers, mushrooms, and pearl onions. Broil preferably over charcoal taking care to place skewers 3 inches above the coals, which should be red hot but not flaming. Broil about 5 minutes on each side turning the skewers so that meat browns evenly. Place skewers on a serving platter and serve with rice or cracked wheat pilaf and salad. Number of Servings: 6.

BARBECUED CHICKEN

Julianne Smith

7 - 9 pieces chicken  
1 c. catsup  
3/4 c. vinegar

1/2 c. water  
1/4 c. Worcestershire  
sauce  
1 tsp. salt

Remove skin from chicken and brown on all sides. Add remaining ingredients and cook over low heat about 45 minutes, turning several times. The sauce may be used with beef or pork, too. Number of Servings: 4-5.



CHICKEN WITH FENNEL

Philip and Jeanne Connolly

2 whole chicken breasts  
 1 can tomatoes  
   (can 1 1/2 lbs.)  
 1 1/2 tsp. fennel seed  
 1/2 c. marsala or creme  
   sherry  
 1/2 c. good full bodied red  
   wine

1 clove garlic, finely  
   chopped  
 1 tbsp. butter  
 1 tbsp. oil  
 1 bay leaf

Fillet chicken breasts and lightly pepper both sides. Add butter and oil to a large frying pan, saute garlic. Add chicken breasts and saute until cooked through and golden brown. Remove to a warm place. Add tomatoes, bay leaf and fennel seed to frying pan. Cook over medium high heat for 10 minutes. Add both wines and cook until mixture is reduced by half. Salt to taste. Strain sauce and spoon over chicken. Serve with spaghetti and a butter garlic sauce. Number of Servings: 4.

PHILLIPINO CHICKEN RELLENO  
 (Stuffed Chicken With Gravy)

Angelita Talusan

1 lg. chicken (3-4 1/2 lbs.)  
 3 tbsp. soy sauce  
 2 tbsp. lemon juice  
 1 lb. ground pork  
 1/2 lb. cooked ham,  
   chopped finely  
 4 pieces Vienna sausage,  
   chopped finely  
 Salt and pepper to taste  
 1 tsp. MSG

1/4 c. sweet pickle relish  
 3 eggs  
 1/2 c. grated cheese  
 10 green olives, pitted  
   then chopped  
 1/2 c. raisins  
 1-2 tbsp. catsup  
 2 hard cooked eggs,  
   quartered  
 1/4 c. butter

Debone chicken for stuffing. Marinate in soy sauce and lemon juice. Set aside. Mix all remaining ingredients, try a tbsp. of mixture. Correct seasoning. Stuff chicken, arranging quartered eggs in the center. Sew up opening and wrap in aluminum foil. Bake at 350 degrees F. for 1 1/2 hours. When almost done, unwrap and continue baking until brown. Baste with butter occasionally. Cool and slice. Arrange on a platter and serve with gravy. Number of Servings: 12.

(CONT'D)



TURKISH SHISH KEBAB

Sultan Uz

2 lb. boned leg of lamb or  
beef, cut into 1 inch  
cubes  
2 tbsp. olive oil  
3 tbsp. lemon juice  
1 lg. onion, grated  
Salt and pepper to taste

1/2 tbsp. thyme leaves  
6 long skewers  
3 medium tomatoes, halved  
2 green peppers, seeded  
and quartered  
8 medium mushrooms, peeled  
6 pearl onions, peeled

Preheat broiler or have charcoal fire ready after the meat has been marinated. Place meat in a bowl. Add olive oil, lemon juice, grated onion, salt, pepper and thyme leaves. Mix well. Cover and refrigerate for 4 to 5 hours for lamb, overnight for beef. Remove from refrigerator 2 hours before cooking. Arrange meat on skewers alternately with tomatoes, peppers, mushrooms, and pearl onions. Broil preferably over charcoal taking care to place skewers 3 inches above the coals, which should be red hot but not flaming. Broil about 5 minutes on each side turning the skewers so that meat browns evenly. Place skewers on a serving platter and serve with rice or cracked wheat pilaf and salad. Number of Servings: 6.

BARBECUED CHICKEN

Julianne Smith

7 - 9 pieces chicken  
1 c. catsup  
3/4 c. vinegar

1/2 c. water  
1/4 c. Worcestershire  
sauce  
1 tsp. salt

Remove skin from chicken and brown on all sides. Add remaining ingredients and cook over low heat about 45 minutes, turning several times. The sauce may be used with beef or pork, too. Number of Servings: 4-5.



CHICKEN WITH FENNEL

Philip and Jeanne Connolly

2 whole chicken breasts  
 1 can tomatoes  
   (can 1 1/2 lbs.)  
 1 1/2 tsp. fennel seed  
 1/2 c. marsala or creme  
   sherry  
 1/2 c. good full bodied red  
   wine

1 clove garlic, finely  
   chopped  
 1 tbsp. butter  
 1 tbsp. oil  
 1 bay leaf

Fillet chicken breasts and lightly pepper both sides. Add butter and oil to a large frying pan, saute garlic. Add chicken breasts and saute until cooked through and golden brown. Remove to a warm place. Add tomatoes, bay leaf and fennel seed to frying pan. Cook over medium high heat for 10 minutes. Add both wines and cook until mixture is reduced by half. Salt to taste. Strain sauce and spoon over chicken. Serve with spaghetti and a butter garlic sauce. Number of Servings: 4.

PHILLIPINO CHICKEN RELLENO  
 (Stuffed Chicken With Gravy)

Angelita Talusan

1 lg. chicken (3-4 1/2 lbs.)  
 3 tbsp. soy sauce  
 2 tbsp. lemon juice  
 1 lb. ground pork  
 1/2 lb. cooked ham,  
   chopped finely  
 4 pieces Vienna sausage,  
   chopped finely  
 Salt and pepper to taste  
 1 tsp. MSG

1/4 c. sweet pickle relish  
 3 eggs  
 1/2 c. grated cheese  
 10 green olives, pitted  
   then chopped  
 1/2 c. raisins  
 1-2 tbsp. catsup  
 2 hard cooked eggs,  
   quartered  
 1/4 c. butter

Debone chicken for stuffing. Marinate in soy sauce and lemon juice. Set aside. Mix all remaining ingredients, try a tbsp. of mixture. Correct seasoning. Stuff chicken, arranging quartered eggs in the center. Sew up opening and wrap in aluminum foil. Bake at 350 degrees F. for 1 1/2 hours. When almost done, unwrap and continue baking until brown. Baste with butter occasionally. Cool and slice. Arrange on a platter and serve with gravy. Number of Servings: 12.

(CONT'D)



## Chicken Relleno (Cont'd)

## GRAVY:

Chicken liver, gizzard,	2 c. broth
heart	Salt
3/4 c. pan drippings	1/4 tsp. pepper
3 tbsp. flour	1 tbsp. MSG

Boil chicken giblets in 2 1/2 cups water. Reduce to 2 cups. Chop giblets, set aside. Heat pan drippings, blend in flour and brown slightly. Add chopped giblets, pour in broth, stirring occasionally. Cook till thick, taste for seasonings. Serve with stuffed chicken.

GENERAL CONFUSION'S SOUTHERN FRIED CHICKEN Nancy Southorn

4 c. vegetable oil	1/2 tsp. baking powder
1 whole chicken (8 pieces)	1/4 tsp. ground cinnamon
2 egg whites	1/4 tsp. ground ginger
3/4 c. Bisquick	1 tsp. seasoned salt
	Pinch cayenne pepper

Heat oil in heavy saucepan to 360 degrees. While oil is heating, dry chicken pieces on paper toweling. Place egg whites in pie plate; beat with fork till frothy. Place Bisquick, baking powder, cinnamon, ginger, seasoned salt and pepper in bowl. Remove 1/4 cup to a piece of waxed paper; place remaining mix in paper lunch bag. Roll chicken in dry mixture on waxed paper; dip in egg whites; shake in bag 1 at a time. When oil is ready, place 2-3 pieces in and leave 15-18 minutes. Put on paper towel and cover with foil to keep warm.

NOTE: Another delicious way to make this chicken is to fry each piece in about 1/4" oil till brown; then bake about 45 minutes on 350 degrees. Number of Servings: 4.

FORGOTTEN CHICKEN

Jon and Mary Jeambey

1 can cream of mushroom soup	1 dead chicken
1 can cream of chicken soup	Dry onion soup
3/4 c. milk	1 can mushrooms (opt.)
1 1/2 c. rice	

Mix together and heat soups and milk (mushrooms). Stir in rice and pour into large pan. Lay in chicken. Sprinkle with onion soup. Cover. Bake at 350 degrees for 1 1/2 hours. Don't peek. Number of Servings: 6.



POLLO EN ESCABECHE

Rocio Macias

1 chicken, cut in small  
pieces  
Thyme  
Bay leaves  
Oregano  
Pepper

4 cloves garlic  
Salt to taste  
3 potatoes, cut in fourths  
1/2 c. water  
Oil for frying

Fry the chicken with the 4 cloves of garlic, pepper and salt. When the chicken is golden brown, add the water, thyme, bay leaves, oregano and potatoes. Cover and cook over low heat until chicken and potatoes are tender. Serve. Number of Servings: 4.

SATE WITH PEANUT SAUCE  
(Cubed Chicken Barbecue)

Hindra Indrawirawan

3 c. boned chicken, cut into  
3/4 inch cubes  
1/2 tsp. lemon juice  
1/2 c. water

1/4 tsp. garlic powder  
1/2 tsp. minced garlic  
20 to 25 skewers

Mix ingredients and marinate the meat in this mixture for about 1 hour. Put 5 cubes of meat on each skewer. Grill over charcoal turning 2 to 3 times until meat is done. Serve hot with the peanut sauce and rice. Number of Servings: 2.

PEANUT SAUCE:

4 tbsp. peanut butter  
1 c. water  
1/4 tsp. ground red pepper  
(optional)

1 tsp. soy sauce  
1 tsp. brown sugar (or  
white granulated sugar)  
Salt to taste

Combine all ingredients. Cook over low heat, stirring constantly. When sauce thickens, remove from heat and serve.



TAIWANESE MUSHROOM CHICKEN

Yu Ching-Chang

1 lb. chicken breasts  
 (sliced)  
 1/2 lb. mushrooms (sliced)  
 4 tbsp. vegetable oil  
 1 clove garlic (minced)

2 tsp. salt (or 1 tsp.  
 salt and 1 tbsp. soy  
 sauce)  
 1/2 tsp. sugar  
 1 tbsp. cornstarch  
 1 tbsp. water  
 1/8 tsp. pepper  
 1 tsp. wine (optional)

Marinate sliced chicken with salt, sugar, cornstarch, water, pepper and wine. Set aside in the refrigerator for 20 minutes. Heat up the fry pan, measure in the vegetable oil. After the oil is hot enough, put in the minced garlic first, then pour in the chicken and stir fry for 5 minutes or until done. Take the chicken out of pan, and use the same pan to stir fry sliced mushrooms for 3 minutes (add water if necessary). Then pour in the chicken. Mix together and thicken with cornstarch water (1 tbsp. cornstarch and 1/4 cup water).

DAK-T'WI-GIM (Korean Fried Chicken)

Myung Chung

1 medium or large chicken,  
 deboned  
 2 tbsp. wine  
 1 tsp. black pepper  
 1 tsp. salt

1/2 tsp. sugar  
 1 tsp. minced ginger  
 1 tbsp. cornstarch  
 (or flour)  
 2 eggs, beaten

Cut chicken in 2" - 3" square size. Marinate chicken in wine 15-30 minutes. Separately mix black pepper, salt, sugar and ginger; add chicken and mix thoroughly. Prepare oil for deep-frying in pan. Roll chicken in cornstarch (or flour). Then cover with beaten eggs. Place covered chicken in pan. Fry until done when light to medium brown in color. Serve hot. Number of Servings: 2-4.



MOO GOO GAI PAN

Michelle Lorenz

2 whole chicken breasts,  
 (boned, skinned, cut  
 into 1" piece)  
 1/2 tsp. salt  
 2 tsp. cornstarch  
 2 tbsp. oil  
 1 c. celery

1 (4 oz.) can mushrooms  
 1 green pepper  
 1 (7 1/2 oz.) can water  
 chestnuts (drained)  
 1 tbsp. soy sauce  
 1/4 c. blanched almonds,  
 toasted (optional)

In a paper bag, shake pieces of chicken with salt and cornstarch. Stir fry in hot oil until chicken turns white (about 2 minutes). Add celery. Cook 2 minutes. Add mushrooms with liquid, chopped green peppers, sliced water chestnuts and soy sauce; cook 5 minutes. Add almonds. Serve over rice if desired.

SWEET N' SMOKEY CHICKEN

Valerie Murphy

1 chicken, cut into pieces  
 1 slice onion

1/4 tsp. pepper and salt

BARBECUE SAUCE:

1/2 c. catsup, oil and  
 maple syrup

2 tbsp. prepared mustard  
 1/4 c. vinegar

Heat oven 375 degrees. Place chicken, skin side up, in pan. Tuck in sliced onions and sprinkle with pepper and salt. Bake uncovered for 30 minutes. Now make barbecue sauce. Pour sauce over chicken and cover. Bake 30 minutes more. Number of Servings: 4.

ENCHILADAS DE TOMATE (Tomato Enchiladas) Rosario Espinoza

12 corn tortillas  
 1 1/2 chicken breasts,  
 cooked and chopped  
 1 c. grated cheese  
 3 lg. tomatoes, roasted  
 Chile, to taste

1/4 onion, chopped  
 1 clove garlic, chopped  
 1 sprig coriander or  
 parsley  
 Oil for frying  
 Salt to taste

Once the tomatoes are roasted and peeled, chop them up and combine them with the onion, garlic and

(CONT'D)



Enchiladas de Tomate (Cont'd)

coriander or parsley. Blend the ingredients in the blender. Then fry in a little bit of oil. Simmer for a few minutes and add salt. This tomato mixture should remain thick and warm. Meanwhile in a small frying pan heat some oil, once it is hot quickly dip the tortillas in one at a time. Then dip them in the tomato mixture. Roll up each tortilla with some chicken breast and top with grated cheese. Serve. Number of Servings: 3.

CHILAQUILES

Amanda Esquivel

Oil  
10 tortillas  
1 chicken breast, cooked  
and chopped  
Sour cream  
Mozzarella cheese  
1 avocado, sliced

Chicken broth  
1 onion, sliced  
4 tomatoes  
2 cloves garlic  
1 hot pepper  
Salt to taste

Cut the tortillas in eighths and fry them in a little oil until they're golden brown. Make chile sauce with tomatoes and hot pepper. Boil them for 10 minutes then blend together with garlic and salt. Once chile sauce is made fry it with a little oil, then add a little chicken broth. Add tortillas, chicken, sour cream, and cheese. To serve, top with onions and avocado slices. Number of Servings: 4.

CHICKEN ENCHILADAS

Bonnie Anderson

2 cans Swanson mix-in chicken  
1 (16 oz.) carton sour cream  
1 bunch green onions diced  
(reserve 1/2 stems)  
1 can cream of chicken soup  
2 c. grated Cheddar cheese  
(reserve 1/4 c.)

1 can diced green chiles  
1 jar diced pimentos  
1 c. sliced black olives  
1 lg. can sliced mushrooms  
1 sm. pkg. flour tortillas  
Parsley and chives for  
garnish

Combine ingredients. Put 3 tbsp. of mixture in center of each tortilla and roll. Place tortillas in

(CONT'D)



## Chicken Enchiladas (Cont'd)

lightly greased flat casserole and place remaining mixture over tortillas. Sprinkle with the reserved portions of cheese, onion, chives and parsley. Bake 350 degrees 1 hour or till cheese melts. Number of Servings: 6.

CHICKEN AND SHRIMP CHOP SUEY

Nukoon Lupkes

1/2 c. medium shrimp	1/2 c. sliced chicken breast (raw)
2 tbsp. chopped celery	1 tbsp. oyster sauce
2 tbsp. chopped bamboo shoots	1/2 tsp. monosodium glutamate (MSG)
2 tbsp. mushrooms, cut in halves	1 tbsp. cornstarch mixed with 1 tbsp. water
1/2 c. Chinese green (Buk Choy)	1/2 c. water
1/2 c. bean sprouts	1/2 tsp. garlic powder
1 tbsp. soy sauce	1/2 c. vegetable oil

Chop all the vegetables, soak in water for 10 minutes and drain. Slice the chicken; clean and cut the shrimp. Heat the oil in a saucepan over medium heat; fry the chicken and shrimp; sprinkle with garlic and MSG; add soy sauce, fish sauce and oyster sauce, stirring until the meat is cooked. Add the vegetables, turn for a few times, then add water. Cover and simmer for 5 minutes. Slowly add cornstarch and stir until thickened. Spoon onto a serving plate; serve with rice. Number of Servings: 4-6.

PORK AND SHRIMP CHOW MEIN

Nukoon Lupkes

1 pkg. egg noodles	2 c. vegetable oil
1/2 c. cut and cleaned fresh shrimp	1/2 c. sliced pork
2 tbsp. sliced button mushrooms	1 tbsp. oyster sauce
1 c. Chinese green (Buk Choy) cut into 1 1/2" segments	1 tbsp. cornstarch (mixed with 1 tbsp. water)
1/2 c. sliced bamboo shoots	1/2 c. hot water
1/2 tbsp. fish sauce	2 tbsp. hot peppers, chopped*
1/2 tbsp. soy sauce	

(CONT'D)



## Pork and Shrimp Chow Mein (Cont'd)

Boil half the noodles in hot water. Drain. Sprinkle with oil and put on a serving plate. Set aside. Place oil in a wok and deep fry the rest of the noodles until golden brown. Drain. Place on another serving plate. Set aside. Use 2 tbsp. of the remaining oil to stir fry the pork, shrimp, mushrooms, Chinese greens and bamboo shoots. Keep turning, then add hot water and stir fry for 3 minutes. Add fish sauce, soy sauce and oyster sauce, turning for a few minutes. Add cornstarch and stir until it thickens. Spoon half the mixture over the boiled noodles, and the rest over the fried noodles. Serve hot with pickled peppers. Number of Servings: 6-8. \*Hot pepper should be pickled: Cut up hot pepper and remove seeds. Add vinegar to cover and let stand for 15 minutes. Add a little water and let stand for one hour. Will keep for months in a covered jar.

TAIWANESE FRIED WON TON

Shue-Ling H. Lee

1/4 lb. ground pork or	3 c. oil for frying
ground chicken meat	60 won ton skins
1/4 lb. raw, shelled shrimp	1/3 tsp. salt
1/2 c. minced water	1/8 tsp. sugar
chestnuts	1 tsp. sesame oil
1 tbsp. minced green onion	1 tsp. cornstarch
	1 tbsp. salad oil

(If you don't use shrimp, then you can double up the amount of ground pork.)

(Won ton skin is available at Oriental food store.)

1. Devein the shrimp and rinse. Pat dry and mince. Mix with the ground pork, water chestnuts, green onion and salt, sugar, sesame oil and cornstarch mixture. Mix vigorously to a smooth paste. Add the salad oil, blend evenly (filling).

2. There are 3 methods for wrapping the won tons:

A. Place a small amount of filling in the center of the won ton skin. Bring the 2 opposite corners together and seal. Gather the other opposite angle-edges together and press to seal. Add a little water, if necessary, to seal the corners together.

B. Place a small amount of filling in the center of the won ton skin. Twist the ends in opposite directions

(CONT'D)



Fried Won Ton (Cont'd)

to seal - somewhat like a candy wrapper.

C. Place a small amount of filling in the center of the won ton skin. Place in the palm and gather squeeze the edges together. Press to seal.

3. Heat pan and add 3 cups oil, heat to 300 degrees F. Add half of the won tons and deep-fry for 2 minutes. When the outer skin is golden and the meat is cooked, remove and drain on an absorbent paper. Do the same with the second half of the won tons. Arrange on a platter and serve. Number of Servings: 12.

SINIGANG NA HIPON

Angelita Talusan

1/4 c. onion, chopped  
1/4 c. tomatoes, chopped  
2 tbsp. lemon juice  
6 c. rice water

1/2 kilogram medium-size  
fresh shrimp (about 1 lb.)  
1 tsp. salt  
1 tsp. MSG  
2 c. cabbage or Chinese  
cabbage

Saute onions and tomatoes. Add lemon juice and cook until tender and mushy. Add the rice water. Let boil. When boiling, drop in the shrimp. Season with salt and MSG. Add the cabbage and cook 2 minutes. Number of Servings: 4-6.

TEMPURA

Noriko Yamamoto

12-16 shrimp or prawns,  
shelled, leaving tail on  
Green peppers, cut in pieces

Carrots, cut in thin  
diagonal slices  
Onions, cut in thin  
slices

Drain seafoods and vegetables thoroughly on paper towels. Pour vegetable oil for frying at least 2 inches deep into electric frying pan or deep, wide frying pan; heat to 375 degrees. Dip the prepared food in the \*Batter: Cook in deep hot oil till tender and browned. Drain thoroughly. Skim off any batter on surface of oil. To eat, dip each piece in the sauce. \*\*  
Number of Servings: 4.

(CONT'D)



## Tempura (Cont'd)

## \*BATTER:

1 c. sifted flour

1 c. (1 egg and ice water)

Beat egg thoroughly with wire whisk. Blend in water. Sprinkle all of flour evenly over liquid. Stir in flour quickly only until flour is moistened and large lumps disappear. Don't stir batter after it is mixed.

## \*\*SAUCE:

Combine 1/4 cup Tempura Sauce with 1 1/4 cups hot water. Combine 1 cup prepared Dashi (broth made of dried bonito fish and dried tangle seaweed), 1/4 to 1/3 cup soy sauce and 4 tbsp. sweet cooking rice wine. Bring to a boil, and remove from heat. Mix grated white Oriental radish (daikon) and/or grated fresh ginger root into the hot sauce.

SHRIMP CASSEROLE

Dawn Wolf

1 can mushroom pieces

1/2 c. chopped celery

2 c. canned shrimp

1 (#2) can tomatoes

2 c. cooked rice

(drained)

1/2 c. chopped onion

3/4 tsp. salt

1/2 c. chopped pepper

1/2 tsp. chili powder

1/2 c. melted oleo

Combine all ingredients except oleo. Mix well. Top with melted oleo. Cover. Bake 50-60 minutes at 300 degrees. Number of Servings: 1 1/2 quart casserole.

MALAYSIAN FRESH GINGER OYSTER

T. M. Cho

30 oysters, shucked

4 tbsp. sherry

8 inch long scallion

4 tbsp. soy sauce

(cut in 1/2 inch lengths)

1/3 tsp. salt and pepper

1 tbsp. fresh ginger (sliced)

1/2 tbsp. sugar

2 cloves garlic (sliced)

1/2 tbsp. cornstarch

5 tbsp. oil

2 tbsp. water

1. In boiling water, add oysters and cook for 30 seconds. Wash and drain well.

2. Heat oil. Add scallion, ginger and garlic and fry for a few seconds. Add oysters, sherry, soy sauce, salt,

(CONT'D)



# Malaysian Fresh Ginger Oyster (Cont'd)

pepper and sugar all at once. Stir quickly over high heat, then add cornstarch and water. Then serve hot. Number of Servings: 5-6.

## PORTUGUESE CODFISH

Nidia Pego

8 potatoes  
1 box salted codfish  
2 carrots  
Garlic  
Parsley

Pepper  
1 bay leaf  
4 eggs  
Black olives (1 can)  
White sauce  
1 small green pepper

Boil 8 potatoes, 1 box salted codfish, and 2 carrots together until tender. Remove from water and set apart.

4 eggs, fully cooked  
Set apart.

In a pan put: 4 tbsp. of oil and 2 tbsp. of olive oil, 1 medium sliced onion, some green onions, parsley, garlic, black pepper and 1 bay leaf. Cook on low fire and when the onion turns yellow, add 2 tbsp. of water, a pinch of salt, 2 tomatoes, 1 small green pepper and the codfish already cooked and sliced. Let it cook for 10 minutes. Then add 1/2 cup white wine and 1 small can of black olives sliced in small pieces. Let it cook for 5 minutes more and remove from fire. Slice some of the potatoes and cover the bottom of a pan (good for oven and table). Spread the codfish mixture over the potatoes; then the cooked carrots and sliced eggs. Cover all of this with the rest of the sliced potatoes. Finally, spread white sauce on the top. Put the pan in the oven for 20 minutes. Serve immediately. Oven 350 degrees. Number of Servings: 10.

## WHITE SAUCE:

1 1/2 c. milk  
3 tbsp butter

2 tbsp. flour  
1 pinch of salt & pepper

Mix the flour with the butter (already melted). Join the milk, salt and pepper. Take it to a low fire, stirring constantly until it thickens a little.



CHILE STUFFED FILLET OF SOLE

Cyndy Roggemann

1 sm. onion, chopped  
 2 tbsp. butter  
 1 c. fresh bread crumbs  
 1 (4 oz.) can Ortega diced  
 green chiles

1 egg, lightly beaten  
 Salt and pepper  
 6 fillets of sole  
 1 (10 oz.) can condensed  
 golden mushroom soup

Saute onion in butter. In a bowl mix bread crumbs, chiles and sauted onion. Stir in egg, salt and pepper to taste. Spoon some of this mixture over each fillet, roll and fasten each fillet with toothpick. Set into well-greased pan. Spoon soup (undiluted soup) over fillets. Bake in preheated oven at 350 degrees F. for about 30 minutes or until fish flakes. Number of Servings: 6.

SNAPPER WITH AVOCADO SAUCE

Doris Morgan

1 1/2 lbs. Red Snapper  
 Water (to cover)  
 6 peppercorns  
 1/2 tsp. salt

1 bay leaf, crumbled  
 3-4 onion slices  
 1 tsp. lime juice

Put fish in skillet and add water to cover. Sprinkle all else on top. Bring to boil - reduce to simmer - cover (10 minutes). Number of Servings: 5-6.

AVOCADO SAUCE:

1 lg. avocado  
 1/2 c. whipping cream  
 1/2 c. milk  
 1 tsp. lime juice  
 3/4 tsp. Maggi Seasoning

1/2 tsp. Worcestershire  
 1/2 tsp. salt  
 Dash white pepper  
 2-3 parsley sprigs  
 (fresh)

Whip everything together. After fish is done either pour over drained fish and garnish or use as dip in individual bowls.



IRISH BAKED CREAM FISH

Gillian Murphy

1 lb. white fish	1/2 lb. tomatoes, sliced
1/2 pt. white sauce	Watercress or parsley
1/2 lb. mashed potatoes	Margarine
1/2 lb. mushrooms, sliced	Lemon juice

Boil fish; remove any skin and bones. Mix with seasoned white sauce. Add a few drops of lemon juice. Put into greased fireproof dish. Pipe mashed potatoes around the edge and place slices of mushrooms and tomatoes on top. Dot with shavings of margarine and heat through in hot oven (425 degrees). Garnish with watercress and lemon. Number of Servings: 4-6.

SRI LANKAN CUTLETS

T. Nandani Vijithakumara

1/2 lb. potatoes, cooked and mashed	1 tbsp. black pepper
1/2 lb. fish or meat, cooked and mashed	Oil for frying
1 c. onion, chopped	Salt to taste
1 tsp. chili powder (opt.)	2 c. fine bread crumbs
	2 egg whites

Fry onion in 2 tbsp. oil until light brown. Add potatoes, meat (or fish), pepper, chili powder, and salt to taste. Mix well, cook over low heat 3 minutes. Take this and form into balls. Dip into egg whites and then roll in bread crumbs. Fry in oil about 2 inches deep, until light brown. Number of Servings: Makes about 25-30 balls.

TUNA, POTATO PIE

Dee Neily

1/4 c. oleo	1 can tuna
1/4 c. flour	1 c. peas
1 c. milk	2 c. mashed potatoes
1/2 tsp. salt	1/2 c. grated cheese

Make white sauce of first 4 ingredients, add tuna and peas. Pour into baking dish. Add mashed potatoes on top in small mounds. Sprinkle on cheese. Bake 15 to 20 minutes at 350 degrees. Number of Servings: 4-6.



SPINACH & MUSHROOM STROGANOFF

Laura Karr

1 (10 oz.) pkg. chopped  
frozen spinach\*  
1 can cream of mushroom  
soup  
1 pt. sour cream  
2 tbsp. chopped parsley  
1/2 c. chopped scallions

1 tbsp. Worcestershire  
sauce  
1/2 lb. sliced mushrooms  
2 tbsp. olive oil  
1 tbsp. lemon juice  
1 tsp. dill weed  
1 tsp. chopped chives  
1/2 tsp. ground black  
pepper

Steam spinach, drain well. Saute mushrooms and scallions in oil; season with pepper, herbs, lemon juice, Worcestershire sauce. Add spinach and mushroom mixture to sour cream and mushroom soup. Mix well and simmer this over stove for 30 minutes or in oven in covered casserole for 20 minutes at 400 degrees F. Serve over wide egg noodles or bread dumplings. Number of Servings: 4-6.

\*1 lb. fresh chopped spinach may be used.

CHEEZY-T-CASSEROLE

Kim Herzog

1 can (10 oz.) Cheddar  
Cheese Soup  
2 c. noodles (uncooked)  
2 cans (7 oz.) tuna  
(drained and flaked)

1 pkg. green peas  
(frozen)  
1 can (4 oz.) mushrooms

In a 9" round baking dish combine soup, mushrooms, peas, tuna. Meanwhile cook noodles till firm. Add to tuna mixture. Bake at 400 degrees F. for 20 minutes. Number of Servings: 4.

PIZZA

Donna Ament

DOUGH:

1 pkg. active dry yeast  
1 c. warm water  
1 tsp. salt

1 tsp. sugar  
2 tbsp. oil  
3 1/2 c. flour  
1 tbsp. wheat germ

(CONT'D)



## Pizza (Cont'd)

## TOPPINGS:

Tomato sauce  
 Oregano  
 Sweet basil  
 Salt  
 Pepper  
 Garlic powder  
 Onion

Mushrooms  
 Sliced olives  
 Hamburger/sausage  
 Mozzarella cheese  
 Parmesan cheese

Mix warm water with yeast, stirring until dissolved. Add salt, sugar and oil. Stir in 1 cup flour with wheat germ. Add second cup flour and stir until smooth. Stir in 1 1/2 cups flour and knead until dough forms a ball. Wipe with oil. Put in warm spot to raise (covered with damp cloth) about 45 minutes until doubled in bulk. Spread dough on oiled pizza pans. Add toppings as you like. Bake at 400 degrees for 20 minutes. Number of Servings: 2 pizzas.

TACO PIZZA

Patti Hayes

2 (6 1/2 oz.) pkgs. pizza  
 crust mix  
 1 c. hot tap water  
 1 (8 oz.) can tomato sauce  
 1 pkg. taco seasoning mix  
 3/4 lb. ground beef

Hot pepper  
 10 oz. shredded Cheddar  
 cheese  
 Shredded lettuce  
 Diced tomato  
 1/2 c. crumbled taco  
 flavor chips

Preheat oven to 425 degrees. Mix pizza crust mix with water and let stand 5 minutes. Brown ground beef. Place pizza crust on greased cookie sheet. Mix tomato sauce and taco mix. Place on pizza crust. Dot with beef and hot pepper. Sprinkle with cheese. Bake in oven 20-25 minutes or till cheese is melted. Sprinkle with lettuce, tomato and taco chips. Serve with taco sauce. Number of Servings: 4.



TOFU LASAGNE

Nancy Michaelson

2 1/2 c. coarsely chopped  
spinach  
1 onion, coarsely chopped  
2-4 cloves garlic, minced  
2 lbs. drained tofu, mashed  
3 eggs, well beaten  
1 1/2 tsp. salt  
1/2 tsp. pepper

2 tbsp. dried parsley,  
or 1/4 c. fresh  
2 c. grated mozzarella  
cheese  
1/2 lb. lasagne noodles  
1 c. Parmesan cheese,  
grated  
4 - 6 c. tomato sauce

Saute onion and garlic in oil. Mix with spinach, tofu, Parmesan cheese, eggs, salt, pepper and parsley. Cook noodles; drain and rinse. Place half in 13x9x2 pan and spread with half of tofu mixture, mozzarella cheese and tomato sauce. Repeat layers, ending with sauce. Bake uncovered at 350 degrees for 30 minutes. Number of Servings: 8.

BAKED EGGS

Cyndy Roggemann

25 eggs  
1/2 c. butter or margarine,  
melted  
2 1/2 c. milk  
3/4 tsp. salt

Spam or ham cubes or  
crisp cooked bacon  
American cheese cubes  
Garlic salt, Worcester-  
shire sauce to taste

Beat eggs well. Add other ingredients. Put in well-greased pan. Bake 20 minutes at 350 degrees. Stir and bake 40 minutes more. Put in 13x9x2 pan. This recipe can be cut in half and fits in a 2 quart casserole dish. Number of Servings: 14-16.

FLORENTINE RICE QUICHE

Cynthia Shriver

CRUST:

1 egg  
2 c. cooked rice

2/3 c. shredded Swiss  
cheese

FILLING:

3 eggs  
1 pkg. chopped, frozen  
spinach  
2 tbsp. butter  
1/2 tsp. salt  
1 c. cottage cheese

1/4 c. Parmesan cheese  
3 drops hot pepper sauce  
1/4 tsp. nutmeg  
2 tbsp. milk (if needed)

(CONT'D)



## Florentine Rice Quiche (Cont'd)

1. Preheat oven to 350 degrees. Grease 9" pie pan.
2. Beat egg. Add rice and Swiss cheese; stir well. Spread mixture evenly in pie pan, making a crust. Refrigerate until ready to fill and bake.
3. Cook spinach, drain very well, pressing out all liquid. Add butter; set aside.
4. Beat eggs, stir in salt, cottage cheese, Parmesan cheese, milk, pepper sauce and nutmeg. When well blended, stir in spinach.
5. Pour filling into prepared crust and bake 35-45 minutes until firm. Number of Servings: 6-8.

MUSHROOM QUICHE

Maria Espinoza

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 pie shell (9 inch)               | 4 oz. sheared Swiss cheese       |
| 4 eggs, beaten                     | 1 c. milk                        |
| 1/2 lb. fresh mushrooms,<br>sliced | 1/4 c. grated Parmesan<br>cheese |
| 1/2 c. sliced green onions         | 1/4 tsp. salt                    |
| 4 tbsp. butter                     | 1/8 tsp. pepper                  |

Brush pie shell with small amount of beaten eggs. Prick bottom and sides with fork. In large fry pan over medium heat cook mushroom and onions in butter until mushrooms are lightly browned (6 to 8 minutes). Arrange mushroom mixture in pie shell. Sprinkle Swiss cheese over mushroom mixture. Beat together eggs and remaining ingredients until well blended. Pour over mushroom cheese mixture. Bake in preheated oven until knife inserted near center comes out clean (35 to 40 minutes). Number of Servings: 6.

CHEESE FRENCHES

Valerie Foote

- |                      |                     |
|----------------------|---------------------|
| 4 eggs (beaten well) | 4 tbsp. flour       |
| 4 tbsp. milk         | 4 cheese sandwiches |
| 1 tsp. sugar         | Mashed corn flakes  |

Preheat oven to 450 degrees or deep fry 370 degrees. Cut sandwiches into 4 pieces. Dip in egg and corn flakes. Bake for 15 minutes.

Serving suggestion: Dip in ketchup before eating.

Number of Servings: 4.



CHEDDAR-RICE LOAF

Belinda Goff

1/4 c. butter or margarine  
 1 c. milk  
 2 c. cooked rice  
 1 1/2 c. fine dry bread  
 crumbs or oatmeal  
 1 1/2 c. grated sharp Cheddar  
 cheese

1/4 c. chopped green pepper  
 3 eggs, slightly beaten  
 1/4 c. chopped celery  
 1/4 c. minced onion  
 1 tbsp. dry parsley  
 1 tsp. salt

Heat butter with milk until melted. Add rice, cheese and crumbs (or oatmeal) to eggs. Stir hot milk and butter into rice mixture. Add celery, onion, parsley, green pepper and seasonings. Put into a greased loaf pan (8 1/4 x 4 1/2 x 2 1/4) that has been lined with greased aluminum foil on bottom. Bake at 350 degrees for 1 hour and 15 minutes. Number of Servings: Approx. 4-6.

SUSHI

Penny Yamamoto

2 c. fresh hot rice  
 (Japanese use white;  
 brown is more nutritious)  
 2 tbsp. lemon juice or  
 rice vinegar  
 1 1/2 tsp. honey  
 1/4 tsp. salt  
 1/4 c. minced parsley  
 3 sheets hori (seaweed - also  
 called laver) available at  
 Oriental store in Ames

Dab of mustard  
 3 slender small dill  
 pickles, cut lengthwise  
 into fourths  
 6 pieces cheese, each  
 1/4 c 1/4 c 4 inches  
 long

Place hot rice in large bowl. Combine next 3 ingredients quickly, mixing well. Sprinkle over rice. Mix rice vigorously with wooden spoon or chopsticks while fanning it with a pot lid to cool it quickly. Fan and stir 3 minutes. Allow rice to cool to room temperature; mix in parsley. Place one sheet of hori on a sudare (bamboo sushi mat) or a small dry dishcloth. Spread 1/3 of the rice evenly over the hori, leaving a 1-inch wide strip uncovered along the far edge. Rub a little mustard along the near edge of the rice, then place 1/3 of the dill pickle and cheese strips in a row about 2 inches from the near edge of the hori. Now, using the mat, roll

(CONT'D)



## Sushi (Cont'd)

up hori and rice around the core of the pickles and cheese; moisten far edge of hori with water to seal. With a sharp lightly moistened knife, cut roll crosswise into 10 small discs. Repeat with remaining ingredients until all are used. If desired, dip lightly in soy sauce before eating.

## VARIATIONS:

1) Omit pickles and cheese strips and use peeled sliced cucumber. Use a dab of powdered wasabi (horseradish) moistened in a tiny bit of water - instead of the mustard.

2) A core of slivered omelets, thin cooked carrot sticks and parsley or walnuts also works nicely.

CHIRASHI ZUSHI

Naomi Shimagaki

(Rice Main Dish From Japan)

3 c. rice	1/2 pkg. Konnyaku (devil's tongue jelly)
3 1/3 c. water	2 eggs
1/3 c. apple or rice vinegar	Dash salt
3 tbsp. sugar	7-8 pieces fresh or frozen green beans
1/4 tsp. salt	2 tsp. sake
5 pieces dry mushrooms	4 tbsp. sugar
1 c. warm water for soaking; reserved	3 tbsp. soy sauce
1/3 pkg. (1 cup) Kampyo (Japanese) dried vegetables	1/3 tsp. salt
2 pieces Koyadofu (dried tofu)	1/2 pkg. dashi powder
2-3 carrots	

Boil rice with 3 1/3 cups water. Combine hot rice, vinegar, 3 tbsp. sugar and salt. Let cool. Prepare contents of Chirashi Zushi:

(a) Soak dry mushrooms in 1 cup water for 1 hour to soften. Cut into small pieces. Reserve water. (b) Soak Kampyo in water until it becomes soft. Cut into small pieces 1/2" long. (c) Soak Koyadofu in rather hot water until it becomes soft and double in size. (d) Slice carrots thin and cut them into small pieces to equal 1 to 1 1/2 cups. (e) Boil Konnyaku in hot water for a few minutes. Slice them thin and cut into small pieces. (f) Beat eggs; put dash salt into eggs. On a heated

(CONT'D)



## Chirashi Zushi (Cont'd)

skillet, pour beaten eggs and cook very thin like crepes. Make 2-3 sheets. Cool and cut very thin. (g) Put fresh (or frozen) green beans into hot water with a little salt and boil a few minutes until crisp-tender. Cool in cold water immediately; drain. Cut beans on bias in 1/2" long pieces. Soak in sake. Put ingredients (a) to (e) into pan with reserved mushroom water and 2 tbsp. sugar. Boil for a few minutes. Then add rest of sugar, soy sauce, salt and dashi powder. (Tip: Don't use all of soy sauce, if not needed.) Boil 15-20 minutes. Drain. Put drained ingredients over rice and combine. Scatter eggs (f) and green beans (g) over combined rice. Serve. Number of Servings: 6.

BLACK BEANS FIDEL CASTRO

Ann Jiron

1 lb. black beans	3 tsp. salt
10 c. water	3 bay leaves
2/3 c. oil	1/2 c. cooking wine
1 lg. onion, chopped	1/2 tsp. black pepper
4 cloves garlic, minced	1/2 tsp. oregano
2 lg. green peppers, chopped	1/2 tsp. cumin
	2 tbsp. vinegar
	2 tbsp. sugar

Soak beans 8 hours. Boil in water about 45 minutes or until about half done. Fry onion, garlic and green peppers in oil. Add 1 cup beans to this, mash, and dump all into bean pot. Add salt, pepper, oregano, cumin. Simmer 1 hour. Add vinegar, sugar, wine and bay leaves. Simmer 1 hour more. Grated cheese on top makes a nice garnish. Number of Servings: Approx. 10.

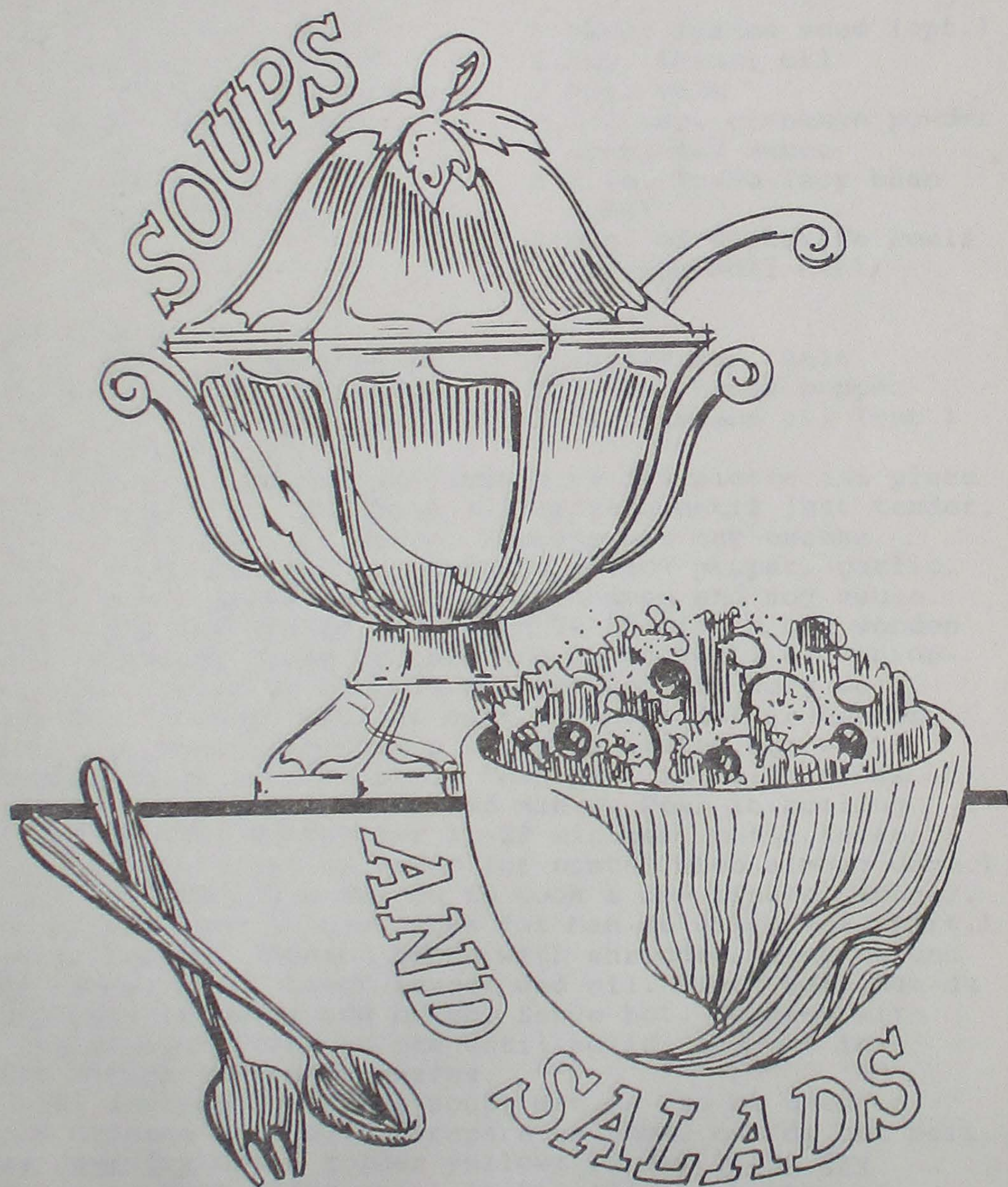


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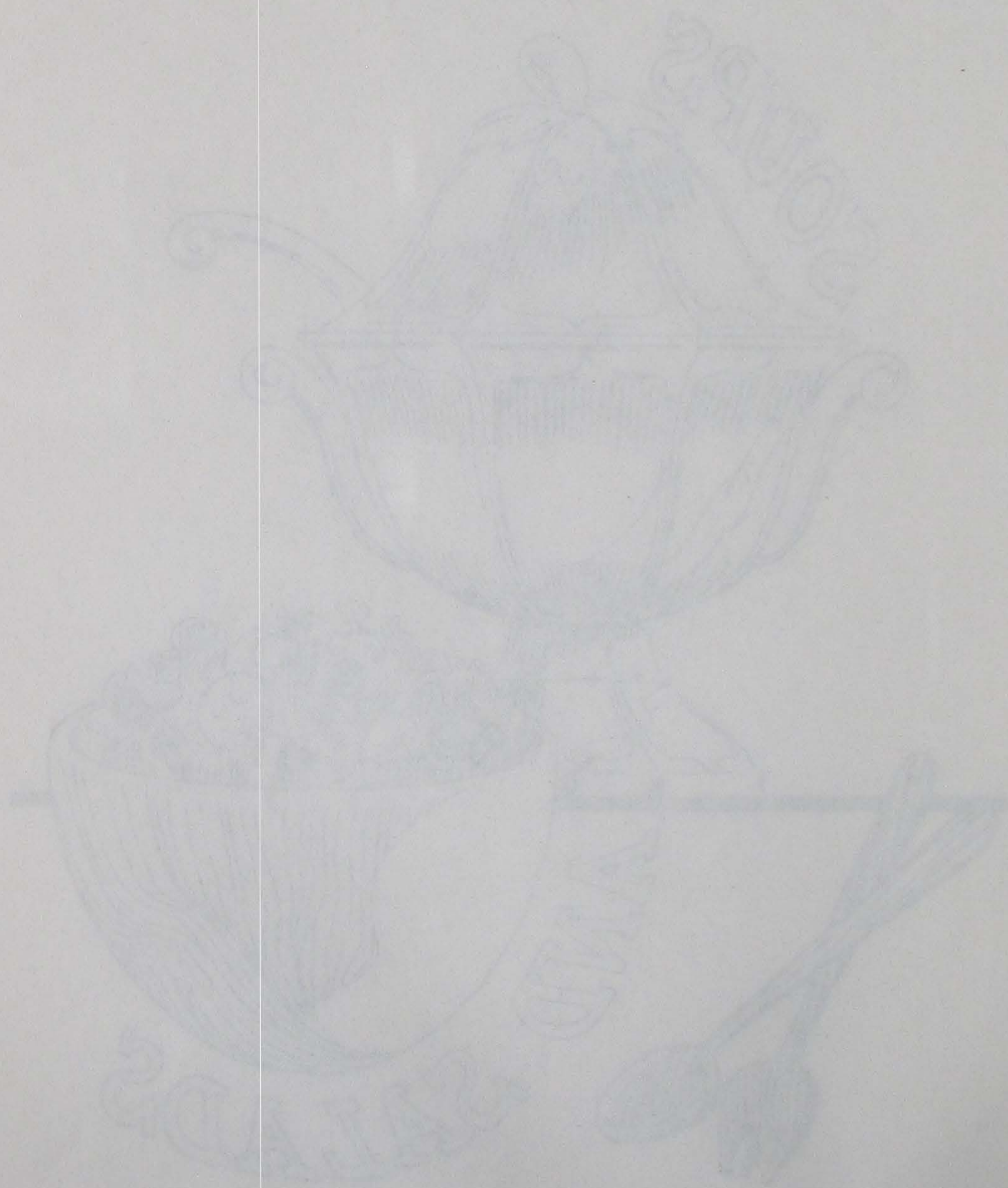
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MAN-DU (Korean Meat Dumpling) SOUP

Myung Chung

## MEAT DUMPLINGS:

1 lb. lean ground beef	1 tbsp. sesame seed (opt.)
1 medium onion, chopped	2 tsp. sesame oil
2 tbsp. chopped green onion	2 tsp. salt
1/2 medium-size cabbage, chopped	2 1/2 tsp. cinnamon powder
1 tsp. black pepper	2 tbsp. soy sauce
1 tsp. garlic powder (opt.)	1/2 lb. Tu-Bu (soy bean cake)
	1 pkg. of 40 Man-du Peels (or Egg Roll Peel)

## SOUP BROTH:

6-8 c. water or beef broth	1 -1 1/2 tsp. salt
1-2 green onions, shredded to 1 1/2" lengths	1/8 tsp. black pepper
1 tbsp. soy sauce	1 tsp. sesame oil (opt.)

Prepare cabbage. Cut cabbage in 3-5 pieces and place in boiling water for about 3-5 minutes until just tender. Rinse in cold water; drain. Squeeze out any excess water. Chop. Mix onions, cabbage, black pepper, garlic, sesame seed, sesame oil, salt, cinnamon and soy sauce. Separately mix ground beef with Tu-Bu with a big wooden spoon crushing Tu-Bu as both are mixed well. Add onion-cabbage mixture to beef-Tu-Bu mixture; mix very well. Take one tablespoonful of meat mixture; lay in center of Man-du Peel. Apply damp water or beaten egg white along outside edge of peel. Fold peel in half; press lightly to seal. Place filled Man-du Peel in boiling water (or beef broth) for 15-20 minutes until tender. (Man-du will float on water (or broth) when almost done.) Cover pot and leave Man-du to cook a few minutes longer. (Be careful not to over cook for Man-du will tear apart.) Remove Man-Du. Season broth with shredded green onions, soy sauce, salt, black pepper and oil. Place some Man-du dumplings in bowl; add broth. Serve hot. Garnish with 2 beaten eggs fried in pan until solid; and cut into thin strips or small squares.

(NOTE: Instead of making soup, Man-du can be used to make Chinese Egg Rolls. Prepare as above but do not boil. May deep fry until golden yellow; or may light fry frying on both sides until light yellow.) Number of Servings: 3-4.



CHICKEN NOODLE STEW

Vicky Vermeland

## FOR NOODLES:

1 egg

1 tsp. salt

2 tbsp. water

Approx. 1 c. flour

## FOR STEW:

1 sm. whole chicken

1 med. onion

2 c. chopped celery

3 sliced carrots

3 medium potatoes

1 pkg. frozen peas

Mix 1 egg, salt, and water with enough flour (about 1 cup) to form a stiff dough. Roll out on floured board as thin as you can. Use plenty of flour and roll as for jelly roll. Cut into thin strips, unroll and let dry. Cook chicken in pot with water to cover the chicken. Add salt and pepper to taste. When chicken is done, remove from broth and strain the broth. Return broth to stove and add onions, celery, carrots, potatoes, and peas. Cook until vegetables are tender; remove from broth and set aside. Add noodles to broth, if not enough broth add more water. While noodles are cooking, remove chicken from bones. Cut into bite size pieces and return chicken and vegetables to pot when noodles are tender. If broth isn't thick enough, add thickening to your taste. If serving large group double noodles. Noodles can be made ahead and dried, then stored in a plastic bag in the freezer.

MEXICAN BEAN SOUP

Gabriela Villalpando

1 slice bacon, chopped

1/2 tomato, diced

1/2 medium onion, chopped

1 green pepper, chopped

2 c. cooked pinto beans,  
mashed

Water to taste

2 chicken broth cubes

Fry bacon; set aside. In bacon drippings, saute onions and green pepper until tender. Add tomatoes and fried bacon to onions and green pepper; cook for a few minutes to blend flavors. Mix beans and water to desired thickness; add to vegetable mixture. Heat to boiling; add chicken broth cubes and cook until dissolved.  
Number of Servings: 4-6.



LENTIL SOUP

Wayne Morford

2 lg. onions, sliced	1 tsp. salt
1 carrot, sliced	1/4 c. parsley
1 can (16 oz.) tomatoes	1 bay leaf
1/2 tsp. thyme	3 c. water
1/2 tsp. marjoram leaves	1/4 c. oil
	1 c. lentils

Saute vegetables till tender. Add spices, water, oil and lentils. Cook in covered pot until lentils are tender (about an hour). Garnish with grated cheese and sunflower seeds, if desired. Number of Servings: 6.

BROCCOLI SUPREME SOUP

Valora Jean Clem

1 can cream of chicken soup	6 or 8 slices American
1 can cream of mushroom soup	cheese
1 pkg. frozen broccoli,	1/2 c. water
carrots and cauliflower	
mixture	

Combine the chicken soup and mushroom soup in a saucepan and dilute with 1/2 cup water. Heat stirring constantly. Add the package of broccoli, carrots and cauliflower mixture which has been thawed. Bring to a boil and add the slices of American cheese. Cook over low heat until vegetables are tender. Number of Servings: 6.

BROCCOLI AND CHEESE SOUP

Donna Elvebak

2 tbsp. onion, finely	2 c. milk
chopped	1 c. shredded American
2 tbsp. margarine	cheese
3 tbsp. flour	2 chicken bouillon cubes
1/2 tsp. salt	1 1/2 c. water
1/8 tsp. pepper	10 oz. pkg. frozen chopped
	broccoli

In large saucepan, cook onion and margarine until tender. Stir in flour, salt and pepper until well blended. Add milk at once. Cook until thickened, stirring constantly, about 1 minute. Add cheese and stir until melted. Remove from heat. In medium saucepan dissolve

(CONT'D)



## Broccoli And Cheese Soup (Cont'd)

bouillon cubes in water. Bring to boil, add broccoli and cook according to package directions; do not drain. Add broccoli and liquid to cheese mixture; stir until well blended. Serve.

(TIP: To make Ham and Broccoli Cheese Soup: Prepare as directed above except add 1 cup cubed cooked ham to cheese mixture.)

To make Cauliflower Cheese Soup: Prepare as directed above except substitute 10 oz. package frozen cauliflower for broccoli. Stir 1 tbsp. parsley flakes into cheese mixture.)

Number of Servings: 5 (1 cup) servings.

## FRESH CORN AND TOMATO STEW

Robert Barron

2 tbsp. butter  
2 tbsp. vegetable oil  
4 cloves garlic, minced  
2 c. chopped onion  
3 green peppers, diced  
1 tsp. salt

6 lg. ripe tomatoes,  
peeled and cut into  
wedges  
12 lg. ears corn, cooked  
and cut off cob  
Water for desired consistency

Heat butter and oil in a kettle or Dutch oven. Add garlic, onions and green peppers; saute until the vegetables are just tender, about 5 minutes. Stir in salt, pepper, tomatoes and corn. Bring to a boil; lower heat and cover. Simmer mixture for about 30-45 minutes with added water for desired consistency. Freezes very well. Number of Servings: 6.

## MEXICAN ONION SOUP

Rocio Macias

2 onions, cut in fourths  
lengthwise  
2 tbsp. butter

10 slices ham, chopped  
1 tbsp. parsley  
4 c. chicken broth

Saute the onions in the butter until transparent. Add ham, parsley and chicken broth. Boil for a few minutes. Serve. Number of Servings: 4.



FRENCH ONION SOUP

Susan Ramsey

3 c. sliced onions  
2 tbsp. butter  
4 c. beef consomme

1 tbsp. Worcestershire  
sauce  
2 thin slices French  
bread, toasted  
Grated Parmesan cheese

In large covered saucepan, cook onions in butter over low heat about 30 minutes. Stir occasionally. Add beef consomme and Worcestershire sauce. Heat to boiling. Reduce heat; cover and then simmer for about 30 minutes. To serve: Place 1/2 slice toasted bread in each soup bowl. Pour hot soup over bread. Sprinkle with Parmesan cheese. Number of Servings: 4.

MEXICAN POTATO SOUP

Gabriela Villalpando

2-3 slices bacon, chopped  
1/4 c. chopped onions  
2 c. water

2 boiled potatoes, mashed  
2 chicken broth cubes  
Pepper to taste

Fry bacon. Set aside. In bacon drippings, saute onions. Return bacon to pot. Add water and mashed potatoes; heat to boiling. Add chicken broth cubes and pepper. Turn heat low and let soup cook 2 minutes or until cubes dissolve. Serve. Number of Servings: 2.

POTATO-VEGETABLE CHOWDER

Lori Burras

2 tbsp. oil  
Chopped onion to taste  
1 c. frozen hash browns  
potatoes  
1/4 c. chopped celery  
1/2 c. grated carrot  
1/4 c. peas  
1/4 c. corn

2 hot dogs, sliced 1/4  
inch pieces  
1/4 c. Velveeta brand  
cheese  
1 can condensed cream  
of potato soup  
1/2 soup can milk  
1/2 soup can water  
Dash salt, pepper, paprika

Heat oil over medium heat in a skillet. Add onion, hash brown potatoes, celery, carrot, peas, corn and hot dog slices. Cook until hash browns are heated through. In saucepan, heat soup with milk and water. Add contents of skillet to the saucepan. Season with salt, pepper and paprika. Simmer; add Velveeta and stir until it melts. Serve immediately. Number of Servings: 3.



SINGAPORE CHOP-CHYE  
(Mixed Vegetable Soup)

May Chou Wong

2 pieces Tofu, cut into  
1" cubes  
2 tbsp. oil  
2 tsp. onions (or scallions)  
chopped  
1 tsp. chopped garlic  
2 tbsp. soya-bean paste  
1/2 - 2/3 c. Chinese  
mushrooms  
4 c. water

1/4 head cabbage, cut  
into big pieces  
Sm. bundle bean thread  
1/2 c. black fungus  
(optional)  
1 tsp. sugar  
2 tbsp. black soya sauce  
Salt to taste

Deep fry Tofu; drain on paper towels. Heat oil in deep frying pan. Saute onions and garlic with soya-bean paste. Stir in Chinese mushrooms. Add water; bring to boil and add all other ingredients. Reduce heat to low; cook until cabbage just becomes tender. Number of Servings: 5.

MALAYSIAN PORK-RIBS-WITH-SALTED-VEGETABLES SOUP

T. M. Cho

7 c. water  
1 lb. pork riblets, cut  
in 1" pieces  
2 tomatoes, cut in  
quarters  
1/2 can Chinese salted  
vegetables, sliced 1/2"  
long

Salt to taste  
Pepper to taste  
1 pkg. bean curd, cut  
in 1/2" cubes

Bring water to boil. Add riblets, tomatoes and salted vegetables. Simmer 1-2 hours. Season with salt and pepper. Add bean curd and boil for 2 minutes. Serve immediately. Number of Servings: 4.



HAMBURGER SOUP

Norma Ostlie

1 lb. ground beef	1 tbsp. beef bouillon
1 (16 oz.) can tomatoes	granules
1 c. diced onion	2 tsp. seasoned salt
1 c. diced carrots	1 tsp. dried basil
1/3 c. pearl barley	1 bay leaf
1/4 c. catsup	5 c. water
	Salt and pepper to taste

Brown and drain ground beef in a 4 quart pan. Add rest of ingredients. Simmer 1 hour. Number of Servings: 4.

CHEESE SOUP

Colleen Sexton

1/2 c. carrots, thinly	1/2 tsp. salt
sliced	Pinch of white pepper
1/4 c. onion, chopped	1/4 c. flour
2 c. chicken broth	4 c. milk
1/4 c. butter	1 1/2 c. grated cheese

Simmer carrots and onions in broth until tender. In another pan, melt butter; add salt, pepper and flour stirring constantly until it bubbles. Add milk. Heat, stirring constantly. Boil 1 minute. Add vegetables and broth. Add cheese. Heat until cheese is melted. Serve. Number of Servings: 8 cups.

BROCCOLI SALAD

Jill Simmons

4 c. raw broccoli	2 pkgs. Good Seasons
2 c. diced celery	Salad Dressing
1 pt. basket cherry tomatoes	1 c. water
1 c. sliced water chestnuts	3/4 c. vegetable oil
1/2 lb. fresh sliced	1/2 c. vinegar
mushrooms	

Break broccoli into small pieces in bowl; add celery, halved tomatoes, water chestnuts and mushrooms. Mix in separate bowl the remaining ingredients. Pour over vegetables; marinate overnight. Number of Servings: 6.



KIM-CHI (Korean Salted Salad)

Myung Chung

2 lbs. Chinese cabbage	1 tsp. chopped ginger (optional)
1/2 c. salt	1 tsp. chopped garlic (optional)
1/3 c. green onion, chopped in 1 1/2" lengths	1-3 tbsp. Oriental red pepper powder
1/2 c. carrots, sliced 1/4" thick and 1 1/2" lengths	1 tsp. to 1 tbsp. salt to taste

Cut cabbage in about 1 1/2" squares. Marinate in heavily salted water (about 1/2 cup salt) overnight until tenderized and somewhat dehydrated from salted water. Rinse in cold water once. Drain. Mix well onions, carrots, ginger, garlic and red pepper powder with cabbage. Taste. Add more salt (1 tsp. to 1 tbsp.) if desired. Put in glass jar. Let stand 2-3 days at room temperature. (In summer, takes 1-2 days, in winter takes 3-5 days.) Serve. Refrigerate after opening. Number of Servings: 8.

CAULIFLOWER SALAD

Susan Long

1 medium head lettuce, shredded	1 pt. Hellman's Dressing
1 head cauliflower, separated into flowerets	1/2 lb. bacon, cut small and fried crisp
1 medium onion, chopped	1/3 c. Parmesan cheese
	1/8 to 1/4 c. sugar

Layer ingredients in order given above in serving bowl. Cover. Let stand overnight in refrigerator. Toss only what is used at meal and serve in salad bowls. Refrigerate rest. Number of Servings: 8-10.

TOMATOES VINAIGRETTE

Denise Buenneke

8 to 12 tomato slices	1 tsp. salt
1 c. olive oil or salad oil	1/2 tsp. pepper
1/3 c. wine vinegar	1/2 tsp. dry mustard
2 tsp. oregano leaves	2 cloves garlic, crushed

Arrange tomatoes in baking dish 8x8x2 inches. In tightly covered jar, shake oil, vinegar, oregano, salt, pepper, mustard and garlic. Pour over tomatoes. Cover and chill 2 to 3 hours, spooning dressing over tomatoes occasionally. Number of Servings: 3 or 4.



SPINACH SPROUT SALAD

Colleen Sexton

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 (20 oz.) pkg. fresh spinach | 1 tsp. paprika              |
| 1 1/2 c. bean sprouts, canned | 1/2 c. sugar                |
| 3 chopped hard cooked eggs    | 1 tsp. Worcestershire sauce |
| 1/2 c. bacon bits             | 2 tbsp. lemon juice         |
| 1/2 tsp. onion salt           | 1/3 c. catsup               |
| 1/4 tsp. garlic salt          | 1/4 c. vinegar              |
|                               | 1 c. oil                    |

Mix spinach, bean sprouts, eggs and bacon bits. Mix together remaining ingredients. Pour over spinach mixture, enough to moisten. May store remaining dressing in refrigerator. Number of Servings: 10.

NOODLE CAESAR SALAD

Mary Beth Finley

SALAD:

- |                                   |  |
|-----------------------------------|--|
| 1 (8 oz.) pkg. medium egg noodles | 1 head Romaine lettuce, torn in bite size pieces |
| 1 clove garlic, cut in half       | 2 c. garlic-flavored croutons                    |
| 1 egg yolk, slightly beaten       | 1/4 c. grated Parmesan cheese                    |

DRESSING:

- |                             |                      |
|-----------------------------|----------------------|
| 1 clove garlic, minced fine | 3/4 tsp. sugar       |
| 3/4 c. salad oil            | 1/4 tsp. pepper      |
| 1/4 c. vinegar              | 1 tsp. anchovy paste |
| 1 tsp. salt                 | 1/4 tsp. dry mustard |
- Cook noodles in 3 quarts of boiling water and drain. Combine all salad ingredients. Blend together dressing ingredients and chill. Mix with salad. Number of Servings: 6.

MEXICAN HOT ZUCCHINI SALAD

Gabriela Villalpando

- |                         |                             |
|-------------------------|-----------------------------|
| 1-2 tbsp. vegetable oil | 3 medium zucchinis, chopped |
| 1/4 c. chopped onions   | Salt and pepper to taste    |
| 1/2 c. chopped tomatoes |                             |
- Heat oil in large skillet. Saute onions until transparent. Add tomatoes and zucchinis; stir briskly

(CONT'D)



## Mexican Hot Zucchini Salad (Cont'd)

to coat. Lower heat and cook until vegetables are tender. Number of Servings: 4-5.

POTATO SALAD

Mariann Culver

1 potato per serving  
1 egg per serving  
1 sm. green onion per serving  
Black olives to taste  
Celery to taste

Pickles to taste  
Italian Dressing (or wine vinegar)  
Miracle Whip Salad Dressing  
Paprika for garnish

Hard boil eggs. Cook peeled potatoes until done. Cool potatoes in the refrigerator. Dice eggs, green onion, and potatoes into a bowl. Dice black olives, celery and pickles into the bowl. Moisten with Italian Dressing (or wine vinegar). Add salad dressing to salad until juicy. Sprinkle paprika on top and refrigerate overnight.

JAPANESE SUNOMONS

Naomi Shima gaki

## SALAD INGREDIENTS:

1/2 pkg. dried Harusame, or  
Mung Bean thread or Rice  
Vermicelli  
1 cucumber, cut in thin 3"  
strips and squeezed to  
soften

3-4 thin slices ham, cut  
in 3" strips  
3 eggs  
Pinch salt

## DRESSING INGREDIENTS:

1 1/2 tbsp. sugar  
3 tbsp. apple cider vinegar

Pinch salt  
1/2 tbsp. sesame oil

Boil Harusame for 3-4 minutes. Transfer to cold water and let it rest for awhile. Cut into 3" pieces long. Beat eggs with salt. On a heated skillet pour beaten eggs and cook without stirring making a big "crepe", or 3-4 smaller "crepes". Cool and cut into thin strips 3" long. Combine ingredients for dressing. Mix the eggs, ham, cucumber and drained Harusame. Add dressing. Chill. (Note: All ingredients should be cut the same size.) Number of Servings: 5-6.



TABOOLIE

Nancy Michaelson

- |                             |                          |
|-----------------------------|--------------------------|
| 2 c. bulgur (cracked wheat) | 2 tbsp. fresh mint (or   |
| 1 c. warm water             | 1 tsp. dried mint)       |
| 1 c. chopped parsley        | 1 c. lemon juice         |
| 1/2 c. chopped onions       | 1/2 - 1 c. oil           |
| 2 tomatoes, chopped         | Salt and pepper to taste |

Soak bulgur in the warm water for one hour. Add rest of ingredients and toss lightly. Refrigerate before serving to allow bulgur to absorb the moisture. Serve on a bed of lettuce leaves and garnish with parsley. Number of Servings: 6.

FASULYE PLAKISI

(White Kidney Beans Plaki)

- |  |                               |
|--|-------------------------------|
| 1 c. dried white kidney beans (or 1-lb. can cooked white kidney beans) | 1/4 c. olive oil or salad oil |
| 1 tbsp. salt   | Water                         |
| 3 c. water   | 1/2 tsp. sugar                |
| 4 medium onions, chopped   | 1 medium potato, diced        |
| 2 cloves garlic, minced  | Salt to taste                 |
| 1 tbsp. tomato paste (or 2 diced medium tomatoes)                      | Dash cayenne                  |
| 1 medium carrot, diced   | 2 tbsp. lemon juice           |
| 2 stalks celery, diced   | 1 tbsp. chopped parsley       |
|  | 1/2 lemon, sliced thin        |

Soak beans in cold water overnight. Drain. Cook beans with 1 tbsp. salt in 3 cups boiling water over medium heat for 15 minutes. Drain. (If using canned beans omit above procedure.) Add onions, garlic, tomato paste (or tomatoes), carrots, celery and oil to drained beans. Add enough water to cover contents of the pan. Cover and cook over medium heat for 30 minutes. Add sugar, potato, salt, cayenne and lemon juice. Cover and cook for 20 minutes or until beans are tender. (If necessary, more water may be added. This dish should not be too dry.) Remove from heat; transfer to a serving platter. Decorate top with chopped parsley and lemon slices. Serve cold as a salad or even as an appetizer. Number of Servings: 6.



GLORIFIED RICE SALAD

Starla Pottorff

2 c. cooked rice, cooled  
 1 c. whipping cream  
 1 c. crushed pineapple  
 (drained)

About 1/2 pkg. tiny marsh-  
 mallows

Chopped maraschino  
 cherries to taste

Mix all ingredients. Refrigerate. Number of  
 Servings: 4.

APRICOT SALAD

Norma Ostlie

## SALAD:

2 pkgs. 3 oz. apricot (or  
 peach) gelatin

1 (15 oz.) can crushed  
 pineapple

2 lg. bananas, sliced

## TOPPING:

1/2 c. reserved pineapple  
 juice

2 tbsp. butter

3 oz. cream cheese

1/2 c. sugar

1 env. Dream Whip Topping

1 well beaten egg

2 tbsp. flour

Drain pineapple; reserve juice for topping. Prepare for 9x13" pan the gelatin according to package directions; add fruit when slightly firm. Set until hard. Make Topping. Cook juice, sugar, egg, flour and butter until slightly thickened. Add cream cheese to mixture while hot. Stir until melted. Cool. (Small lumps may appear.) Whip Dream Whip according to directions. Fold into cooled topping mixture. Spread onto top of gelatin. Chill, then serve. Number of Servings: 12.

CREAM CHEESE LEMON SALAD

Nancy Broderick

2 (3 oz.) pkgs. lemon Jello

2 (3 oz.) pkgs. cream cheese

2 c. hot water

1 (8 3/4 oz.) can crushed

1/4 c. pineapple juice

pineapple (drained)

1 1/4 c. cold water

1/2 c. ground nuts

Dissolve Jello in hot water. Whip cream cheese in warm Jello with an egg beater. Add juice and cold water and beat again. Chill. Fold in drained pineapple and nuts. Put in a 9 inch ring mold.



COTTAGE JELLO SALAD

Patti Hayes

1 can pineapple tidbits  
1 1/2 lbs. cottage cheese

1 (3 oz.) pkg. lime Jello  
powder

1 (9 oz.) Cool Whip

Drain juice from pineapple. Mix together all ingredients and refrigerate until firm. (Some other suggestions: Orange segments with Orange Jello and chopped peaches with Peach Jello.) Number of Servings: 6-8.

STRAWBERRY NUT SALAD

Vicky Veroneland

2 (3 oz.) pkgs. strawberry  
Jello

1 c. boiling water

2 (10 oz.) pkgs. frozen,  
sliced strawberries  
(thawed)

1 c. walnuts (coarsely  
chopped)

1 (1 lb. 4 oz.) can crushed  
pineapple (drained)

3 medium bananas (mashed)

Dissolve Jello in boiling water. Add remaining ingredients and pour in Jello mold. Chill until firm.

PISTACHIO SALAD

Ann Kool

1 (3 oz.) pkg. pistachio  
pudding

1 can crushed pineapple

2 c. Cool Whip topping

Make pudding according to package instructions. Drain pineapple and add to pudding. Mix. Add 2 cups Cool Whip and stir just enough to mix. Put in mold and freeze. Let thaw till slightly soft. Serve as side dish or dessert. Number of Servings: 8.

WATERGATE SALAD

Jill Sevenich

1 box pistachio pudding  
20 oz. can crushed pine-  
apple, undrained

1/2 lb. mini-marshmallows

1 lg. bowl Cool Whip

Mix dry pudding and contents of pineapple can (pineapple and juice). Stir in marshmallows. Fold in softened Cool Whip. Chill. (Great for a party or keeps several days for 2.) Number of Servings: 4.



RED SALAD DRESSING

Mrs. Warren Straszheim

1/2 c. honey  
 1/2 c. catsup  
 1/3 c. vinegar  
 1 c. salad oil  
 1 tbsp. onion salt

1 tbsp. Worcestershire  
 sauce  
 Pinch of cloves  
 Garlic, paprika, etc.  
 to taste

Mix all ingredients well in a blender. (If mixing by hand, add oil slowly to rest of ingredients while stirring until blended well.) Number of Servings: About 2- 2 1/2 cups.

ROQUEFORT DRESSING

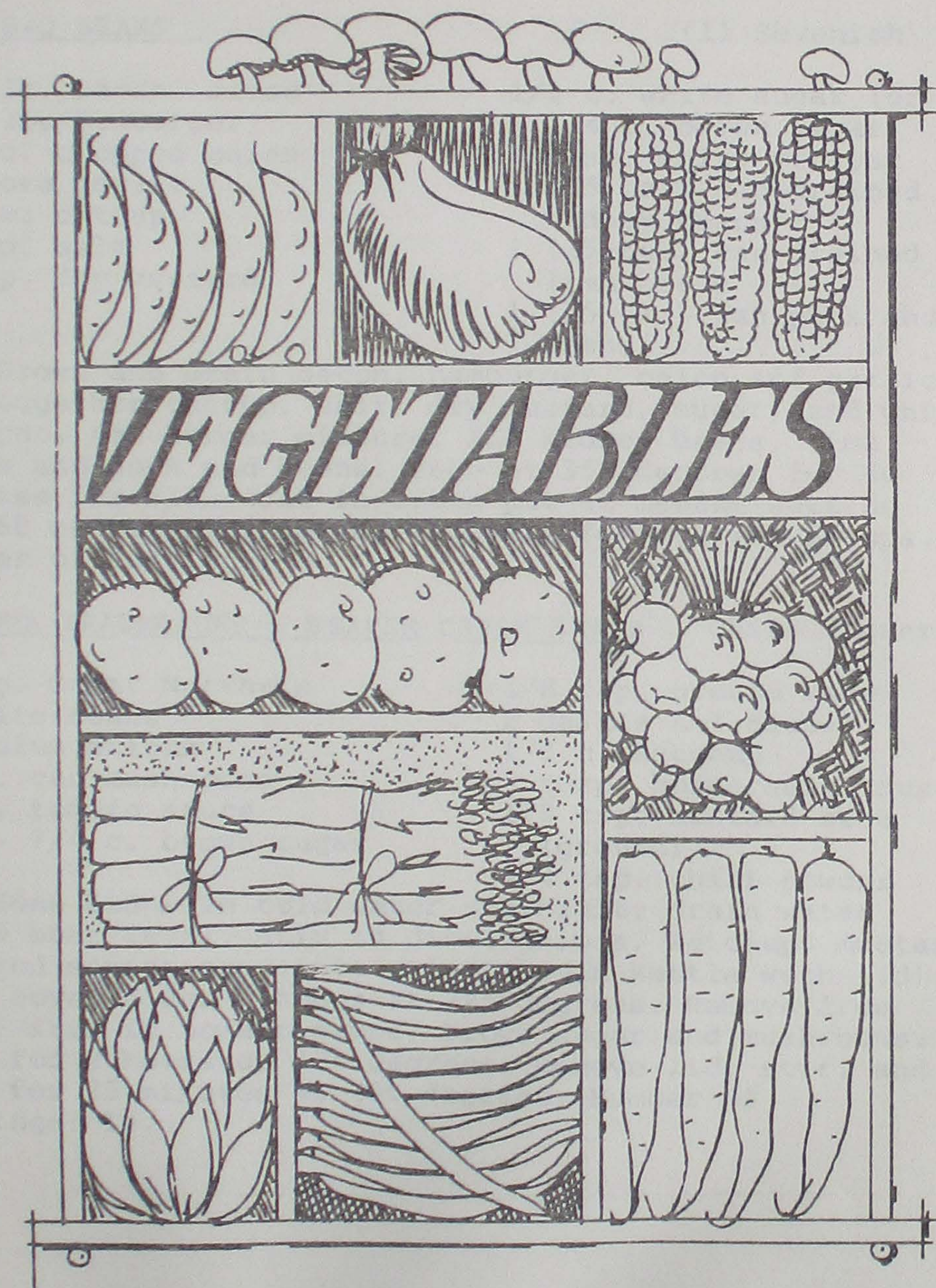
Nancy Michaelson

2 c. mayonnaise  
 1 c. sour cream  
 3 oz. roquefort cheese

1 tsp. onion salt  
 1 tsp. garlic salt  
 2 tbsp. lemon juice

Mix all ingredients with a rotary beater until smooth and well blended. Store refrigerated. Number of Servings: 1 quart.











BAR-B-Q BEANS

Jill Sevenich

1/2 lb. bacon, diced  
 1/2 lb. hamburger  
 1/2 c. chopped onion  
 1 clove garlic  
 1/2 c. catsup  
 1 tsp. salt  
 1 tsp. dry mustard

1/2 c. white sugar (or  
 3/4 c. brown sugar)  
 2 tbsp. white vinegar  
 1 (15 oz.) can drained  
 kidney beans  
 1 (15 oz.) can drained  
 lima beans  
 1 (15 oz.) can pork and  
 beans

Brown and drain bacon, hamburger, onion and garlic. Mix together catsup, salt, dry mustard, sugar, and white vinegar. Add burger mixture. Add kidney beans, lima beans and pork and beans. Bake at 350 degrees for 40 minutes (or slow-cook in crock pot at medium setting for 60 minutes). (Freeze leftovers for smaller groups.)  
 Number of Servings: 8.

GRANDMA TRAUMBAUER'S BEAVER CREEK BEANS

Chris Maurer

1 pkg. Great Northern  
 White Beans  
 3 medium onions  
 4 oz. can mushrooms  
 8 oz. tomato sauce  
 1/2 - 3/4 c. brown sugar

1/8 tsp. ground sage  
 2 dashes A-1 Sauce  
 1/3 c. ketchup  
 2 tbsp. horseradish mustard  
 1/8 tsp. mustard seed  
 (ground)  
 1/4 tsp. chili powder

Soak beans in cold water overnight; drain water below bean level. Stir in diced onions, ketchup, mustard, A-1 and seasonings (into a large oven kettle with lid). Bake covered for 8 hours at 225 degrees. Remove from oven, stir in tomato sauce, brown sugar and mushrooms. Bake for 2 hours at 175 degrees. Remove lid, stir, and bake for 25 minutes at 400 degrees. Number of Servings: 10.



EASY BROCCOLI AND CHEESE

Susie Keller

1 (10 oz.) bag frozen  
broccoli

4 slices Cheddar,  
American or Velveeta  
cheese

Cook broccoli according to package instructions. Drain water leaving only a small amount in pan. Add cheese. Cover. Let cheese melt, then blend. Serve hot. Number of Servings: 4.

BROCCOLI AND RICE CASSEROLE

Dee Knop

2 c. cooked rice  
20 oz. frozen broccoli,  
thawed  
8 tbsp. margarine  
1/4 c. chopped onion  
1 can cream of mushroom  
soup, undiluted

1 can cream of celery  
soup, undiluted  
1 can cream of chicken  
soup, undiluted  
8 oz. Cheese Whiz

Combine all ingredients in 2 quart casserole. Bake at 350 degrees F. for 45 minutes. Easy and Economical! Number of Servings: 6.

BROCCOLI-CARROT BAKE

Colleen Sexton

1 lb. fresh carrots  
1 lb. fresh broccoli (or  
1 lb. frozen broccoli)

1 (10 3/4 oz.) can potato  
soup  
1 c. shredded cheese

Blanch fresh carrots. Blanch fresh broccoli. (If using frozen broccoli, defrost enough to break pieces apart.) Layer ingredients in casserole in order listed above. Bake 45-50 minutes at 350 degrees. Number of Servings: 8.



GARDEN VEGETABLE PIE FROM SANTO DOMINGO Carmen D. Wolfe

1 (10 oz.) pkg. frozen,	1 1/2 c. milk
chopped broccoli,	3/4 c. Bisquick baking mix
thawed and drained	3 eggs
1/2 c. chopped onion	1 tsp. salt
1/2 c. chopped green pepper	1/4 tsp. pepper
1 c. shredded Cheddar cheese	

Heat oven to 400 degrees. Lightly grease pie plate, 10 x 1 1/2 inches. Mix broccoli, onion, green pepper and cheese in pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted halfway between center and edge comes out clean - 35 to 40 minutes. Let stand 5 minutes before cutting. Number of Servings: 6.

SCALLOPED CORN

Vicky Vermeland

2 cans cream style corn	1 c. milk
1 c. crumbled crackers	4 eggs, well beaten

Mix ingredients in baking dish. Bake at 350 degrees F. for about 1 hour, or until solid. Number of Servings: 6-8.

GREEN BEANS

Susie Keller

1 can green beans	1/8 tsp. salt
3 strips bacon, cut up	Dash pepper
1 1/2 tbsp. flour	3 tbsp. drained sweet pickle relish

Drain beans, reserve liquid. Cook bacon crisp. Pour off fat, return 2 tbsp. fat to skillet. Blend in flour, salt, and pepper. Stir in 2/3 cup bean liquid. Boil and stir for 2 minutes. Add pickle relish and beans. Heat through and serve. Number of Servings: 4.



GREEN BEANS ORIENTAL

Cyndy Roggemann

- |                               |                          |
|-------------------------------|--------------------------|
| 2 cans green beans            | 1 can mushroom soup      |
| 2 tbsp. butter                | 1/2 c. shredded Cheddar  |
| 2 tbsp. minced onion          | cheese                   |
| 1 (7-8 oz.) can bean sprouts, | 1 (3 1/2 oz.) can French |
| drained                       | Fried Onion Rings        |
| 1 (12 oz.) can water          |                          |
| chestnuts, drained and        |                          |
| sliced                        |                          |

Melt butter in frying pan. Add onion, bean sprouts and water chestnuts. Cover and cook for 3-4 minutes. Arrange 1/2 of green beans in 1 1/2 quart casserole and spread with 1/2 bean sprout mixture. Combine soup with 1/2 can milk. Spoon 1/2 on vegetables. Repeat layers. Sprinkle top with cheese and bake uncovered at 400 degrees for 25 minutes. Remove, put onion rings on top. Bake for 5 more minutes. Serve immediately. Number of Servings: 6-8.

CHEESY GREEN BEAN CASSEROLE

Trudy Taylor

- |                          |                           |
|--------------------------|---------------------------|
| 1 can green beans (drain | Reserved juice from green |
| and reserve juice)       | beans                     |
| 2 tbsp. flour            | 1/2 - 1 c. shredded       |
| 4 tbsp. butter           | Velveeta cheese           |
|                          | Salt and pepper to taste  |
|                          | French Fried Onion Rings  |
|                          | (optional)                |

Melt butter. Blend in flour. Add juice and then cheese to flour mixture. Stir over medium heat until the consistency of a thin sauce. Mix in green beans. Pour into casserole dish and garnish with the French Fried Onion Rings. Bake at 350 degrees for 30 minutes. Number of Servings: 4-6.



VEGETABLE CASSEROLE

Dawn Wolf

4 tbsp. margarine	1 1/2 c. milk
1/4 c. onion	2 beaten eggs
1/4 c. celery	4 tbsp. margarine
1 (1 lb.) French style green beans, drained	2/3 c. bread crumbs
1 (1 lb.) can creamed corn	2/3 c. Cheddar cheese

Stir and cook first 3 ingredients for 5 minutes. Add corn and green beans; simmer 5 minutes. Add milk and eggs; cook slowly until thick stirring fairly constantly. Melt margarine in separate pan; add bread crumbs. In 1 quart casserole, add corn and green bean mixture; top with bread crumb mixture and cheese. Bake at 375 degrees until bubbly - about 20 minutes. (Can be made ahead of serving time and refrigerated. Bake at serving time about 30 minutes.) Number of Servings: 4-6.

STUFFED MUSHROOMS

David J. Vales

1 pt. fresh mushrooms	1 tsp. lemon juice
1 tbsp. butter or margarine	1/4 tsp. salt
1 tbsp. finely chopped onion	1/8 tsp. Worcestershire sauce
1/8 c. soft bread crumbs	1/4 c. light cream
1/8 c. finely chopped almonds, toasted and unblanched	1/4 c. shredded American cheese

Preheat oven to 400 degrees F. Wash mushrooms and remove stems. Reserve caps. Chop stems and saute with onion and butter in skillet for 5 minutes until tender. Add bread crumbs and almonds. Cook 2 minutes. Stir in lemon juice and seasonings. Fill mushroom caps with stuffing. Place in 8x10" pan. Pour cream around mushrooms. Bake at 400 degrees F. for 15 minutes. Top caps with cheese. Bake 8-10 minutes longer until cheese melts. Number of Servings: 4-6.



MASHED POTATO CASSEROLE

Shelley Ackerman

5 lbs. potatoes	1 tsp. salt
1 (8 oz.) pkg. cream cheese	1 tsp. seasoned salt
1 c. half and half cream	1/4 tsp. pepper
1/2 c. butter	Paprika (optional)

Peel potatoes and boil until tender. Drain and reserve. Beat softened cream cheese, half and half and butter in mixer bowl. Add hot potatoes and blend well. Add seasonings except paprika. Put in 2 quart casserole; brush top with butter. Sprinkle with paprika. Bake at 350 degrees for 30 minutes. (Can refrigerate or freeze in advance.) Number of Servings: 8.

SOUR CREAM CHEESE POTATOES

Susie Keller

2 lbs. frozen hash browns, thawed	1 c. cream of celery soup
1/2 c. chopped onion	2 c. grated Cheddar cheese
1/2 c. chopped celery (opt.)	1 tsp. salt
1/2 c. mayonnaise	1/4 tsp. pepper
1 pt. sour cream	Cracker crumbs (opt.)

Mix all ingredients except crumbs. Place in 2 quart casserole. Top with cracker crumbs. Bake for 1 hour at 350 degrees F. (May be prepared ahead of time and refrigerated before baking.) Number of Servings: 6-8.

WILD GAME RICE

Susie Keller

1 sm. can mushroom pieces with liquid	1/2 c. long-cooking rice
4 tbsp. margarine	1 can onion soup
	1/4 to 1/2 soup can water

Simmer mushroom pieces in butter and mushroom liquid for about 20 minutes. Add rice, soup and water. Cover. Simmer 20-30 minutes until most of liquid is absorbed. Number of Servings: 4.



SQUASH SOUFFLE

Kathleen Arnold Roberts

3 c. mashed cooked winter  
squash  
1/2 c. butter or margarine  
2 tbs<sup>p</sup> brown sugar  
1/2 tsp. salt  
1/2 tsp. finely shredded  
orange peel

1/8 tsp. ground nutmeg  
Dash pepper  
4 egg yolks  
4 stiffly beaten egg  
whites

In large mixing bowl combine squash, butter, brown sugar, salt, orange peel, nutmeg and pepper. Beat until fluffy. Add egg yolks; beat well. Carefully fold squash mixture into stiffly beaten egg whites. Turn into 1 1/2 quart souffle dish. Bake souffle at 350 degrees F. until set, 55-60 minutes. Number of Servings: 8-10.

BAKED CANDIED SWEET POTATOES

Vicky Vermeland

6 sweet potatoes  
1 c. brown sugar (packed)  
1/4 c. butter

1/4 c. water  
1/2 tsp. salt

Slice cooked sweet potatoes into baking dish. Pour over syrup made by bringing to boil brown sugar, butter, water and salt. Bake at 350 degrees about 30 minutes, basting occasionally. (Canned sweet potatoes can also be used.) Number of Servings: 6.



PUERTO RICAN ORANGES STUFFED WITH YAMS

Vanessa Sanchez

6 oranges	3 tbsp. orange juice
2 1/2 lbs. yams, peeled	4 egg yolks
8 tbsp. butter	1 tsp. salt
4 tbsp. sugar	6 marshmallows

Cut the oranges in half and carefully remove the flesh leaving the skin intact. Squeeze flesh to make 3 tbsp. juice. Reserve for yam mixture. Boil yams and then mash with butter, sugar, orange juice, egg yolks and salt. Stuff the oranges with the yam puree. Place a marshmallow on top of each stuffed orange. Bake at 375 degrees F. for 15 minutes or until marshmallows brown. Number of Servings: 6.

BAKED ZUCCHINI

Colleen Sexton

4 c. raw (or 10 oz. frozen) zucchini	2 tbsp. butter
2 c. canned tomatoes, drained	1 tsp. salt
2/3 c. chopped onion	Dash pepper
1 c. grated cheese	2/3 c. bread crumbs or croutons

Cook zucchini until tender. Drain. Add tomatoes, onion, cheese, butter, salt and pepper. Cook in saucepan on low until blended. Pour into casserole. Sprinkle bread crumbs (or croutons) on top. Place in oven. Bake for 2-3 minutes at 400 degrees or until lightly browned on top. Number of Servings: 8.

VEGETABLE MEDLEY

John Mullen

Any fresh vegetables lying about, such as zucchini, eggplant, broccoli, carrots, celery, string beans, peppers and Chinese peas. Also mushrooms are good.

1/4 c. chopped onion	1/2 tsp. salt
1 tsp. oregano	1 clove garlic
1 tsp. basil	2 tbsp. olive oil
1 can tomatoes or fresh tomatoes	

Prepare dish in deep fry pan or Dutch oven with tight lid. Saute onion, peppers and mushrooms if any in oil to which garlic has been added. Put in creatively chopped tougher vegetables such as carrots and broccoli.

(CONT'D)



## Vegetable Medley (Cont'd)

Allow to cook for about 10 minutes. Add remainder of vegetables and tomatoes. Cover and cook 10 or 15 minutes longer until vegetables are tender. Number of Servings: Usually at least 4. Once the feel for this recipe is attained, the variations are endless.

MARINATED VEGETABLES

Kelly Engel

Any combination of frozen broccoli and brussel sprouts and fresh cauliflower, carrots, cherry tomatoes, mushrooms, etc.

3/4 c. lemon juice	1 tbsp. salt
3/4 c. vegetable oil	1 1/2 tsp. oregano
3 tbsp. sugar	1/2 tsp. pepper

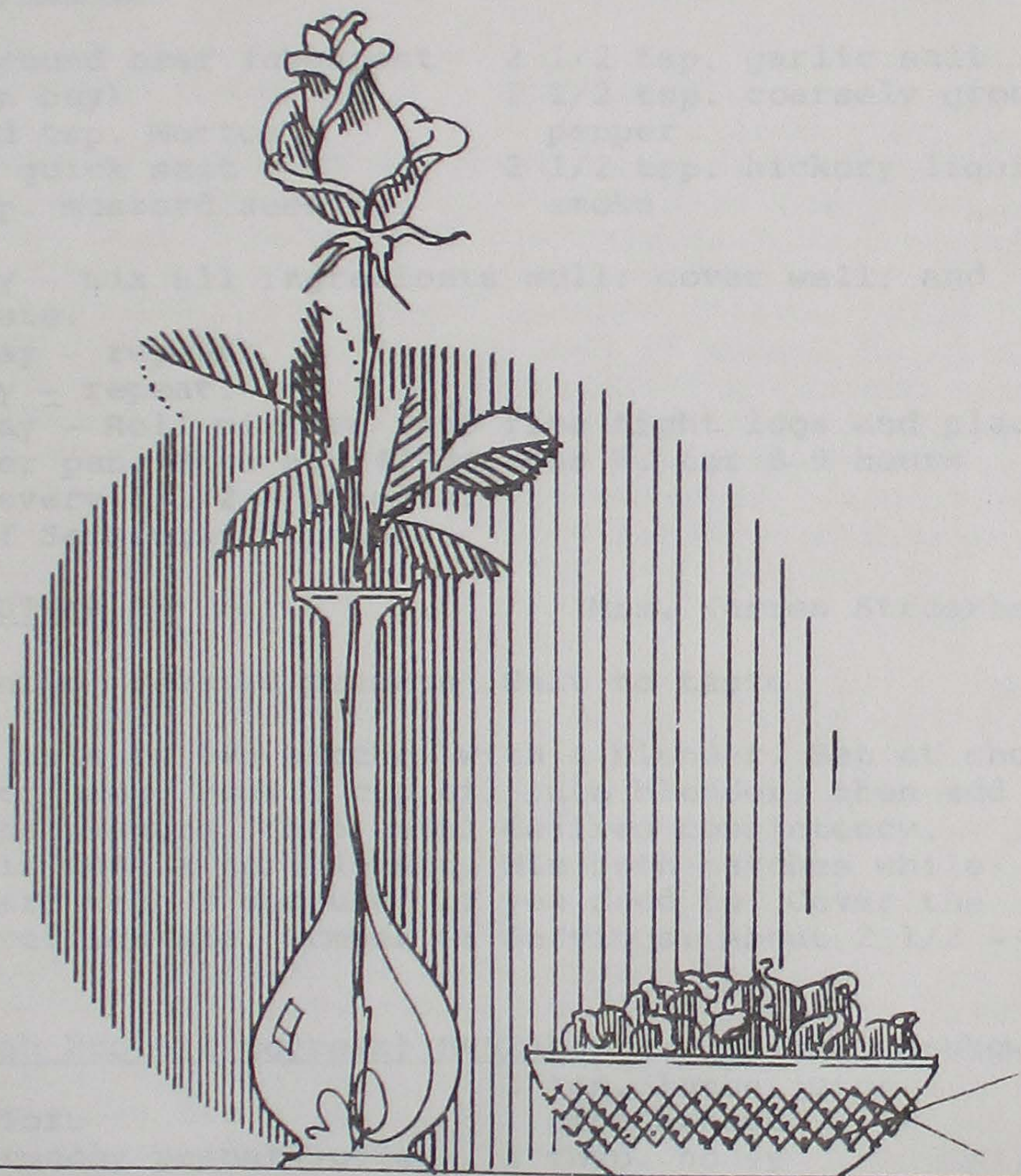
Place 8 to 10 cups of vegetables in a 3 quart dish. Mix rest of ingredients thoroughly and pour over vegetables. Let stand for 6 hours or overnight. Number of Servings: 10-12.

MISCELLANEOUS



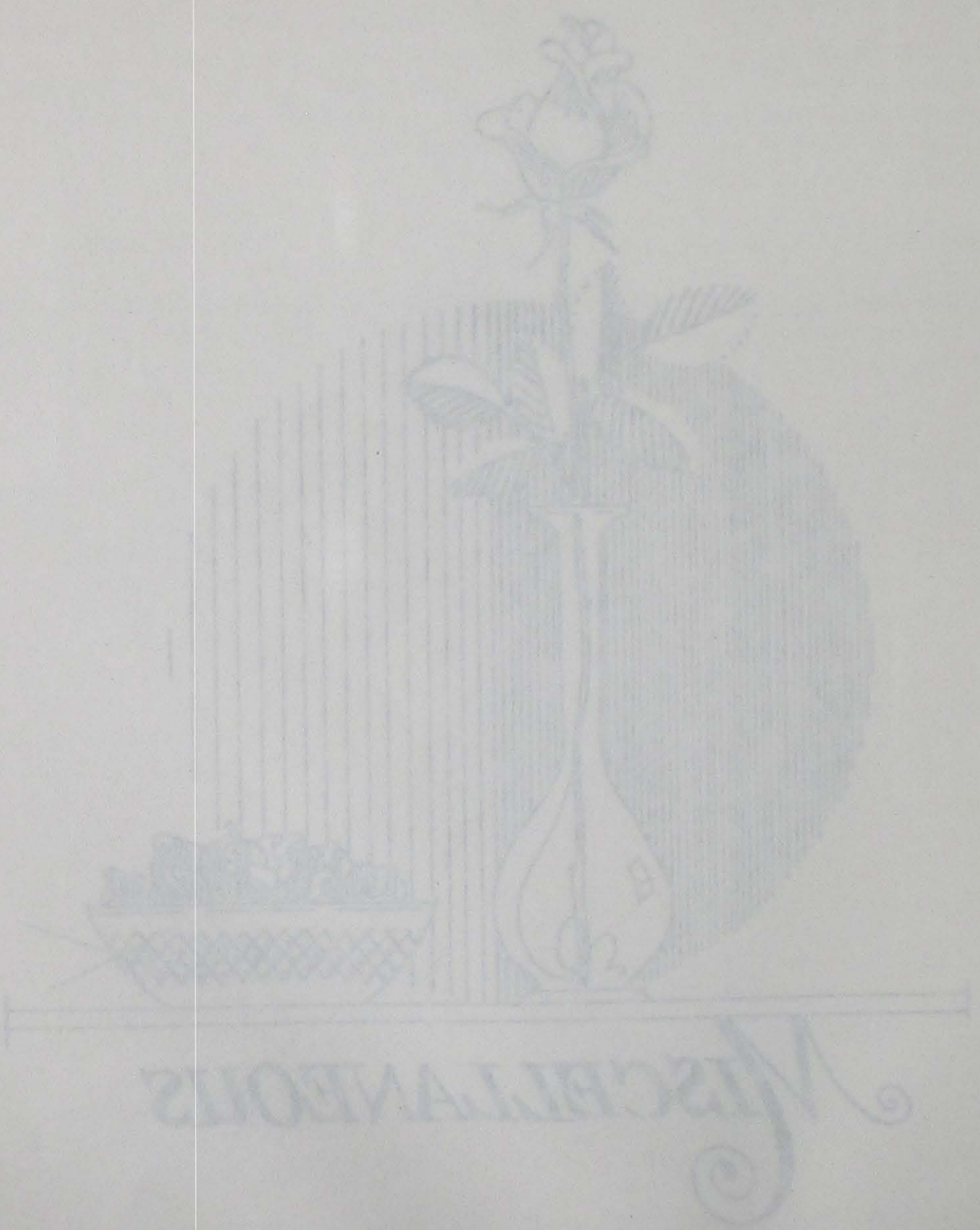






# MISCELLANEOUS







SUMMER SAUSAGE

Denise Buenneke

5 lbs. ground beaf (cheapest you can buy)	2 1/2 tsp. garlic salt
5 rounded tsp. Morton's tender quick salt	2 1/2 tsp. coarsely ground pepper
2 1/2 tsp. mustard seed	2 1/2 tsp. hickory liquid smoke

First day - mix all ingredients well; cover well; and refrigerate.

Second day - repeat.

Third day - repeat.

Fourth day - Roll mixture into fine tight logs and place on broiler pan. Bake at 140 degrees F. for 8-9 hours turning every 1 1/2 - 2 hours.

Number of Servings: 5 pounds.

PEANUT BUTTER

Mrs. Warren Straszheim

5 c. skinned, roasted peanuts	Salt to taste
2 c. oil	

Make this in two batches with a blender. Set at chop, medium, or high. Pour 1 cup oil into blender, then add 2 1/2 cups peanuts. Chop until desired consistency. Place this into a jar. Repeat. Mix both batches while in the jar, with a spatula, if you need to. Cover the jar and refrigerate. Number of Servings: About 2 1/2 - 3 cups.

TOFU (High Protein Soybean) SPREAD

Vickie Krukow

1/2 lb. Tofu	1 tsp. lemon juice
1/2 c. crunchy peanut butter	1 ripe banana
	1 tbsp. honey

Mash and mix well together the Tofu, crunchy peanut butter and banana. Add honey and lemon juice. Recipe can be doubled. Raisins may be added to suit taste. Great on toast and hot cereal.



CUAJADA (Fresh Cheese)

Ronaldo Jiron

2 gal. milk  
1 tablet rennet (available at pharmacies)

1/2 c. cold water  
Approx. 2 tbsp. salt

Heat milk to blood temperature. Dissolve rennet in water, mix with milk. Let stand undisturbed away from drafts 30-45 minutes. Stick your finger in it and see if a curd has formed and whey is clear. If it isn't, wait 15 minutes longer. Now push curd down slowly to bottom of pan. Strain off whey. Cut curd into large chunks, pick up and slowly squeeze out whey. Consolidate into baseball size lumps. Put back in pan, squash them up and add salt, mixing well. Form small oval cheeses the size of your first. Number of Servings: 4-6 cheeses.

YOGURT

Nancy Schive

1 qt. milk (skim, 2%, whole, or non-fat dry mixed with water)

3 tbsp. plain yogurt OR  
1 pkg. dried yogurt culture

Heat milk to scalding (180 degrees F.). Cool to lukewarm (110 degrees F.), add the yogurt or yogurt culture, and mix well. Pour into sterilized jar and cover with a lid or tightly fitting plastic wrap. Keep warm and undisturbed for 7-8 hours, then check to see if yogurt has thickened. When thickened, refrigerate. (NOTE: To keep yogurt warm, turn on oven to 110 degrees F. intermittently for a few minutes at a time; or put in a thermos in the sun; or place over pilot light of a stove; or put in a well-insulated ice chest or cooking pot.) Number of Servings: 1 quart.



PICKLE RELISH

Sue Rolffs

5 c. ground cucumbers, drained	5 c. sugar
1 c. ground onions, drained	3 c. vinegar
2 ground green peppers, drained	2 tbsp. celery seed
2 ground red peppers, drained or pimento	2 tbsp. mustard seed (optional)
1/4 c. pickling salt	2 tsp. turmeric
	3 heaping tbsp. cornstarch
	Water

Cover cucumbers, onions, peppers and salt with boiling water in glass container and let stand overnight; drain. Add sugar, vinegar, celery seed, mustard seed and turmeric to vegetables. Boil sauce and vegetables for 15 minutes. Add cornstarch, dissolved in small amount of water, to sauce and vegetables. Boil 1 minute. Put in jars and seal. Give hot water bath for 10 minutes.

PICKLED EGGPLANT FROM ISRAEL

Yael Efron

2 medium eggplants	1/2 c. vinegar
2 tsp. salt	1/2 c. water
Oil for frying	1 tsp. salt
4 cloves garlic, minced	1/2 tsp. pepper
1 c. parsley, chopped	Pinch of paprika
1 red pepper, chopped	

Slice unpeeled eggplant into 1/2 inch slices. Salt and let stand for 30 minutes. Rinse and dry. Heat oil in large pan. Fry eggplants until golden brown. Mix garlic, parsley and pepper. Boil vinegar and water. Add salt, pepper and paprika. Arrange alternate layers of fried eggplants and parsley mixture. Pour hot vinegar mixture over it. Let marinate for at least 1 day.



MOM'S BAR-B-Q SAUCE

Pam Oviatt

2 tbsp brown sugar	1 tbsp. paprika
1 c. V-8 juice	1 tsp. dry mustard
1/2 c. water	1 tsp. salt
1/4 c. catsup	1/4 tsp. chili powder
2 tbsp Worcestershire sauce	1/8 tsp. red (cayenne)
2 tsp. onion, chopped fine	pepper
1 clove garlic, chopped fine	1/4 c. vinegar
or 1/8 tsp. instant	
minced garlic	

Mix together in a saucepan and simmer 15 minutes or longer if a thicker sauce is desired. Great for ribs prepared in the crock pot - especially pork country ribs. Just brown ribs and place in the crock pot. Pour sauce over ribs and cook on high for 3-4 hours or 7-8 hours on low.

BARBECUED SPARERIBS SAUCE

Vicky Vermeland

1 tsp. chili powder	1/2 c. brown sugar
1 tsp. salt	1 c. vinegar
1 tsp. celery seed	1 can tomato soup
1 tsp. paprika	

Brown spareribs. Mix ingredients and pour over spareribs. Bake ribs at 350 degrees for one hour and a half to two hours with sauce. Baste occasionally. Number of Servings: Makes approximately 2 1/2 cups sauce.

GLAZED ORANGE (PEELING) RIND

Graciela Mochan

Orange peeling (1 c. - about	1 c. water
4 oranges cut in eighths)	3/4 c. sugar

Soak cut orange peelings in 1/8 inch cold water in the refrigerator for 2-3 days changing the water twice a day. Then boil them in water and let simmer for 10 minutes. Do this twice. Take 1 cup of boiling water and 3/4 cup of sugar and simmer. When syrup is frosty pour in the peeling and let simmer, stirring occasionally until peelings are golden. Lay out separately and let cool.



BLENDED BREAKFAST SYRUP

Mrs. Warren Straszheim

1/2 c. molasses  
1/2 c. honey

1/2 tsp. vanilla  
Extra - chopped pecans  
or walnuts

Stir until blended.

STUFFING FOR TURKEY

Karen Brandt

4 c. day-old bread, broken  
into small cubes  
2 eggs, beaten  
3/4 tsp. salt  
3/4 tsp. sage  
Pinch of thyme

1 tsp. poultry seasonings  
3 tbsp. butter  
1 c. chopped onion  
1 c. chopped celery  
1 c. chicken broth  
(or water)

Make sure bread is broken into small cubes. Put in large bowl. Add eggs, salt, sage, thyme, and poultry seasoning. Mix well. Heat butter; add onions and celery. Saute. Pour onion and celery mixture over crumb mixture. Add chicken broth. Mix again. Stuff turkey immediately. Roast turkey. Number of Servings: 6 cups (enough for 12 lb. turkey).

GORP

Marji Datwyler

1 c. quick oats  
1/4 c. wheat germ  
1 c. shelled peanuts  
1/2 c. shredded coconut  
1/2 c. honey

2 tbsp. cooking oil  
1 c. M & M's  
1/2 c. chopped mixed  
dried fruit  
1/2 c. raisins

Combine first 4 ingredients. Stir honey and oil into oatmeal mixture. Spread into pan (9x13). Bake at 300 degrees for 30-40 minutes or until light brown, stirring every 15 minutes. Remove from oven, transfer to another greased pan. Break up large pieces and stir in fruit, raisins and M & M's. Store in plastic bag. Can be altered to taste and ingredients!! Number of Servings: Makes about 6 cups.



GRANOLA

Dee Neely

3 c. oatmeal  
 1/2 c. wheat germ  
 3 1/2 oz. coconut  
 1/4 c. peanut oil  
 1/4 c. honey

1 c. peanuts  
 1 1/2 c. dried fruit  
 and/or raisins  
 1/4 c. sunflower seeds

Combine oats, wheat germ, coconut. Heat oil and honey to just below boiling. Pour over oat mixture, toss to coat. Bake at 300 degrees for 30 minutes. Stir occasionally. Mix in peanuts, fruit, and sunflower seeds. Store in tight container. (Raw, dried coconut very good in this.)

CARAMEL CORN

Carolyn Hill

2 c. brown sugar  
 1/2 tsp. salt  
 1/2 c. light corn syrup

7 1/2 qts. popped popcorn  
 1 tsp. baking soda  
 2 sticks butter or oleo

Mix brown sugar, butter, corn syrup and salt in saucepan. Boil for 5 minutes. Add baking soda and remove from heat. Add popped popcorn to above mixture and pour on 3 cookie sheets. Bake for 1 hour at 200 degrees F., stirring at 15 minute intervals. Add nuts if desired.

BANANA CRUSH

Theresa &amp; Tom Reis

2 c. sugar  
 3 c. water  
 1 1/2 c. orange juice  
 1/4 c. lemon juice

3 bananas (mashed)  
 1 (46 oz.) can pineapple  
 juice  
 3 qts. ginger ale

Combine sugar and water and cook to make syrup. Remove from heat and add remaining ingredients except ginger ale. Pour into trays and freeze. To serve: Fill glasses with 1/2 frozen mixture and add cold ginger ale. Number of Servings: 6 quarts.



FOAMY CHAMPAGNE PUNCH

Kim Herzog

1/2 gal. rainbow sherbet      4 bottles champagne  
 Pour champagne in punch bowl. Scoop sherbet and  
 drop into champagne. Serve. Can garnish with melon  
 balls. Number of Servings: About 1 gallon.

COFFEE CANOCO

Wayne Morford

1 (24 oz.) jar instant coffee      1 c. powdered sugar  
 1/2 - 24 oz. jar coffee      1/2 can cocoa  
     creamer      3 tsp. nutmeg  
 6 c. instant milk

Mix ingredients well. Store in sealed container.  
 To serve: Put 1-2 tablespoons of the mix in a cup and  
 fill with boiling water.

CRIMSON AND CREAM DELTA PUNCH

Alma Hunter

12 oz. pineapple juice      8 oz. White Concord Wine  
 8 oz. frozen orange juice      1 pkg. strawberry Kool Aid  
 8 oz. apple cider      Sugar to taste (approx.  
     1 cup)  
 8 oz. cranapple juice      2 c. water  
 8 oz. lemon juice

Mix all ingredients. Number of Servings: 2 quarts.

MEXICAN HOT CHOCOLATE

Ann Jiron

4 c. milk      1/4 tsp. nutmeg  
 4 oz. semi-sweet chocolate,  
     cut in small pieces      1/2 c. cream  
 1/2 tsp. cinnamon      1 egg yolk

In top part of double boiler, put milk directly over  
 heat. Add chocolate and spices, beating with wire whisk.  
 Heat to boiling point. Place over bottom part of  
 double boiler. In a small bowl, beat cream and egg  
 yolk. Add to chocolate mixture, beating constantly  
 over low heat. When well blended and frothy, serve.  
 Number of Servings: 4.



FOAMY PUNCH

Nancy Schive

2 (12 oz.) bottles lemon-  
lime soda (chilled)  
1 (6 oz.) can frozen  
lemonade concentrate

1/2 gal. lemon sherbet  
1/4 - 1/2 c. lemon juice  
(optional)

Combine soda, lemonade, and sherbet in punch bowl  
15 minutes before serving time. Stir sherbet to make  
topping of foam on punch and to almost dissolve.  
Number of Servings: 15 (4-6 oz.).

PARTY PUNCH

Greg Cote'

1 pt. vodka  
2/3 pt. rum  
20 oz. orange juice  
20 oz. pineapple grapefruit  
juice

48 oz. cranberry juice  
1 qt. ginger ale  
Slices citrus fruits

Mix all ingredients together - adding the ginger  
ale and fruit just prior to serving. If time allows  
mix ingredients (except ginger ale and fruit) and make  
ice cubes with a portion of the beverage. Number  
of Servings: Slightly more than 1 gallon.

WASSAIL

Wayne Morford

1 gal. apple cider  
1 qt. water  
1/2 c. instant tea  
2 tbsps. lemon juice

1 1/2 tsp. powdered cloves  
1 1/2 tsp. cinnamon  
1/2 c. sugar

Heat and serve. Number of Servings: 20.

YUCCA FLATS

Theresa J. Reis

1 c. sugar and enough  
water to make syrup  
6 lemons  
6 limes

1 orange  
1 jar maraschino cherries  
1 fifth gin or vodka  
1 gal. jar

Quarter the fruit and squeeze into the gallon jar  
(throw in rinds). Pour in syrup, cherries (with juice)  
and liquor. Fill with ice and stir. Number of Servings:  
16 - 8 oz. glasses.



PLAYDO

Mrs. Warren Straszheim

4 c. flour

1/4 c. salad oil

2 c. salt

4 c. boiling water

4 tbsp. alum

Food coloring (opt.)

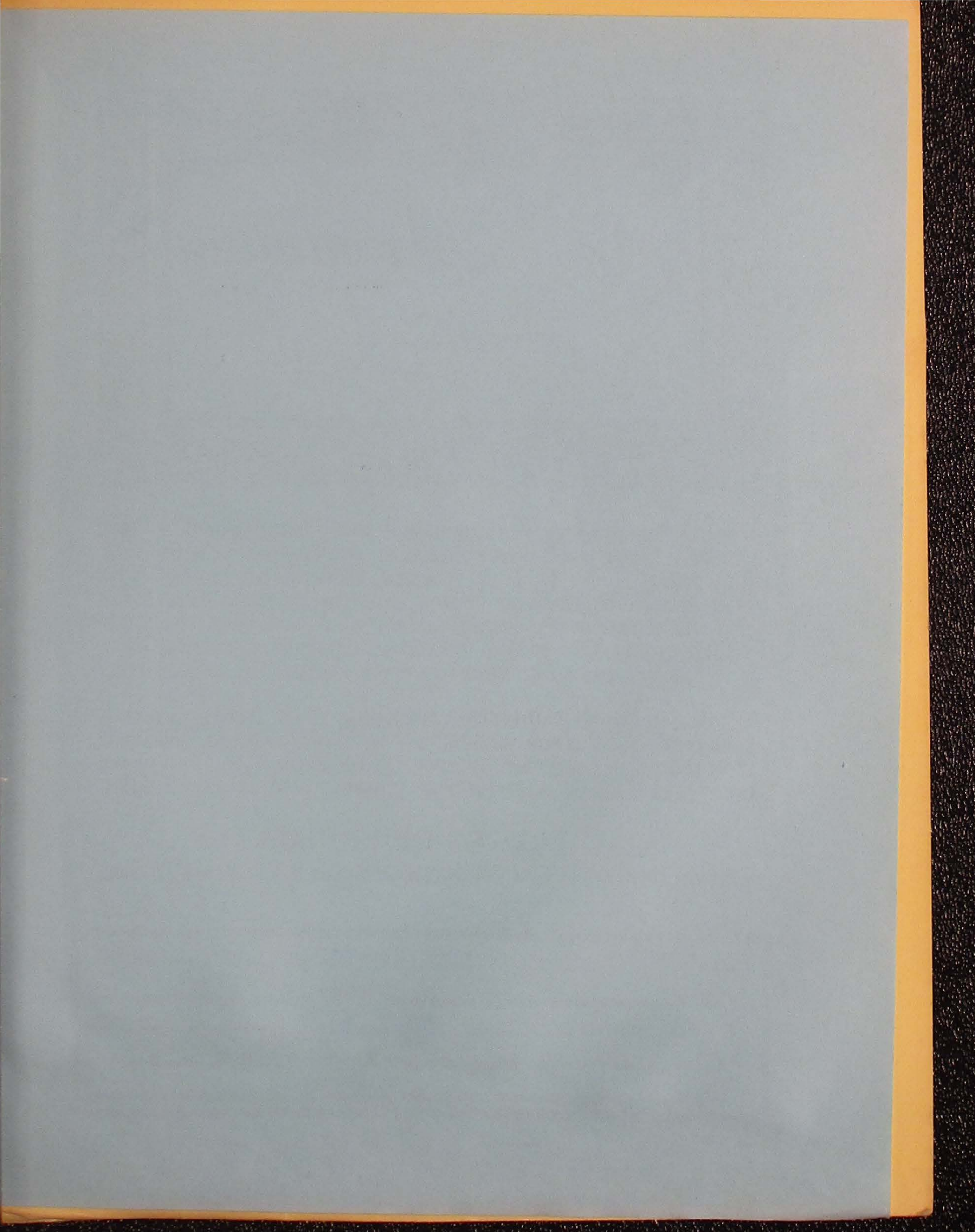
Combine flour, salt, and alum. Add oil and boiling water; mix well. Divide dough according to the number of colors used. (For example, if using red, yellow, and blue food coloring, dough would need to be divided into 3 lumps.) Work in food coloring into each lump, kneading by handfuls. (If dough is too warm to work with, let cool a few minutes.) Store in refrigerator wrapped in Saran Wrap and place in airtight container. Stays useable at least 4 months stored as above.

Number of Servings: About 5 cups.













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